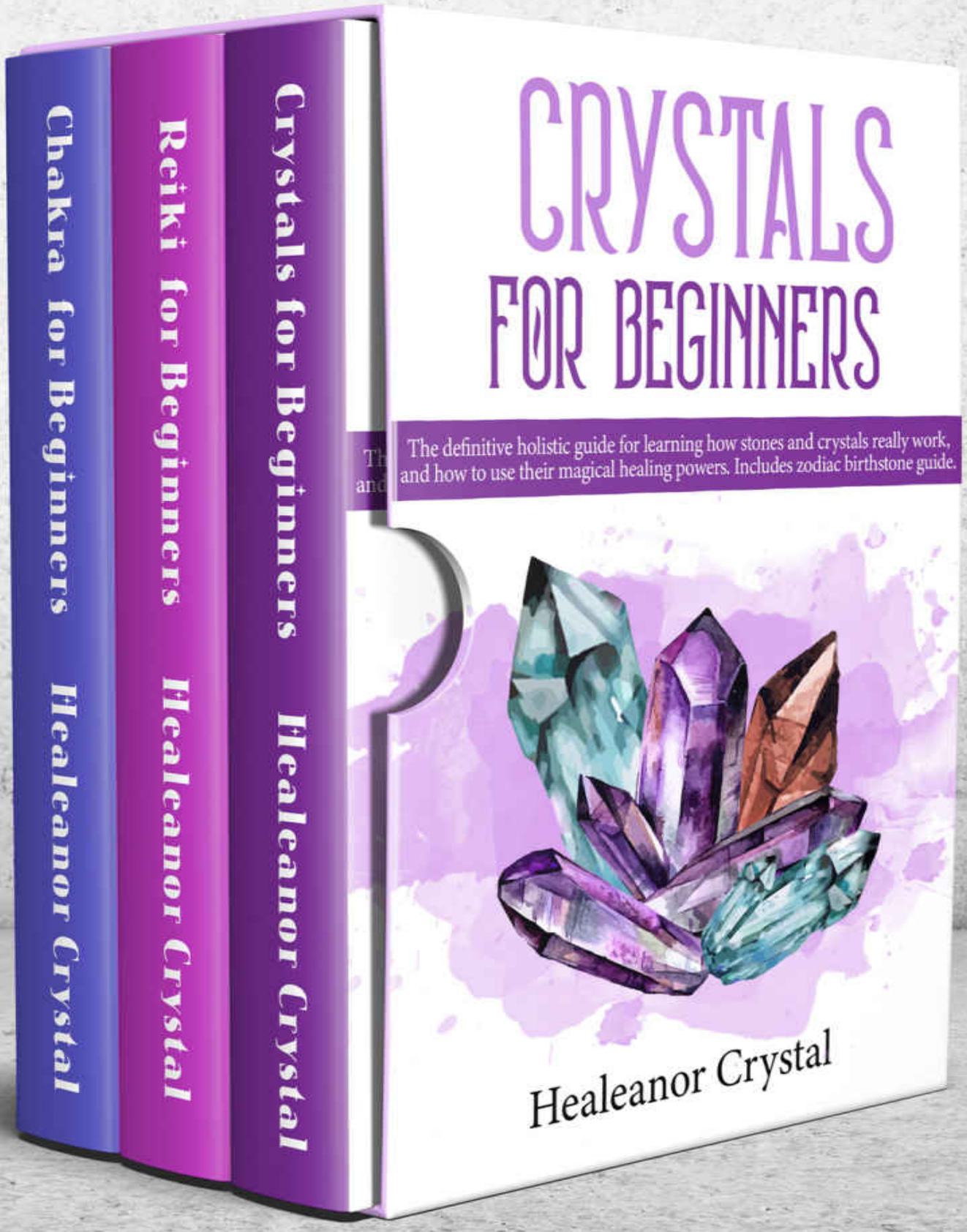
Crystals for Beginners
Healeanor Crystal
Reiki for Beginners
Healeanor Crystal
Chakra for Beginners
Healeanor Crystal
CRYSTALS
FOR BEGINNERS
The definitive holistic guide for learning how stones and crystals really work, and how to use their magical healing powers. Includes zodiac birthstone guide.
Healeanor Crystal

3 books in 1

The complete beginners guide to Self healing and alternative therapy.

Crystals for beginners

The definitive holistic guide for learning how stones and crystals really work, and how to use their magical healing powers. Includes zodiac birthstone guide.

Chakra for beginners

The ultimate guide to balancing, healing and unblocking your chakras, while gaining health and positive energy.

Reiki for beginners

The comprehensive Beginner's Guide to Learn Reiki, Self Healing and improve your energy level

By Healeanor Crystal

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Crystals for beginners

The definitive holistic guide for learning how stones and crystals really work, and how to use their magical healing powers. Includes zodiac birthstone guide.

Healeanor Crystal

INTRODUCTION

Thank you for choosing this book. We are about to start a journey in the fantastic world of crystal, together. I'll guide along the way, and teach you all you need to know to start using and healing with crystal.

Your life is about to get a little bit more magical. Are you ready? Crystal healing, or as some call it, crystal energy healing, is essentially an alternative form of treatment which has been around for longer than you or I care to remember. As with all types of holistic treatments, you get countless people who vouch for the power of crystal healing, and you get countless people who dismiss it.

One of the reasons why so many people believe there's no truth in it, is because they automatically assume crystal healers believe they're able to cure serious illnesses like cancer and etc. In reality however, this couldn'tbe any further from the truth. No reputable crystal therapist will ever make such claims. What I personally believe in, is the power of intention.

So whether your faith resides in science, physics, magic, or in none of those things, there is one thing, on which we will agree on. Where there's a will there's a way. Personally, I am convinced of this, for a straightforward reason. This theory gives me the certainty, that I and only I, am in control of my destiny, and of my possibilities. This gives me the strength to pursue my goals every day, and while I do it, I get help from my crystals. They help to set my goals, my intention and have a clear mind and a light heart.

Origin of Crystal Healing

Ancient civilizations around the world used crystals both as ornaments and functionally for medicine, rituals, healing, meditation, protection, offerings, and currency.

One of the earliest references is in the Enûma Eliš. This is known as the Creation Epic, recorded in Old Babylonian, and references the great god Marduk heading out for battle. Between his lips he carries an amulet made of red stone for protection. These clay tablets date back to 7th century BCE, but some believe that the composition of the text dates back to the Bronze Age or early time of Hammurabi (c. 1792 – 1750 BCE). The reports throughout history are plentiful.

Paleolithic gravesites in Switzerland and Belgium yielded jewelry made of jet. The Bishop of Rennes in the 11th century claimed that agate would make the wearer agreeable and persuasive. Ecclesiastical rings in the 12th century favored sapphires. Historical documents from Ancient Sumerians of Mesopotamia reference the use of crystals in magic formulas. Ancient Egyptians used lapis lazuli, emerald, turquoise, and clear quartz in their jewelry for protection and health and constructed healing elixirs made of crystals. In Ancient China, Chinese emperors were buried in jade armor. China and South America also used it as a kidney healing stone.

In 1880, two French Physicists, Jacques and Pierre Curie, made a scientific discovery. The Piezoelectric Effect revealed something that generations already knew because they felt drawn to use them: crystals emit forces. In short, piezoelectricity is the electrical charge that accumulates in crystals (also in bones and DNA) when subjected to pressure. With their knowledge of pyroelectricity and their understanding of crystal structures, they could predict crystal behavior and demonstrated this using crystals like quartz, tourmaline, and topaz. This was one of the first times that crystal energy was confirmed scientifically. But it wasn’t the last.

Healing Crystal Trough History

Crystals and gemstones have played a part in all religions. They are mentioned throughout the Bible, in the Koran and many other religious texts. The origin of birthstones is the breastplate of Aaron, or the "High Priest's Breastplate", as mentioned in the book of Exodus. In the Koran, the 4th Heaven is composed of carbuncle (garnet). The Kalpa Tree, which represents an offering to the gods in Hinduism, is said to be made entirely of precious stone and a Buddhist text from the 7th century describes a diamond throne situated near the Tree of Knowledge (the neem tree under which Siddhartha meditated). On this throne a thousand Kalpa Buddhas reposed. The Kalpa Sutra, in Jainism, speaks of Harinegamesi the divine commander of the foot troops who seized 14 precious stones, cleansed them of their lesser qualities and retained only their finest essence to aid his transformations.

There is also an ancient sacred lapidary treatise, the Ratnapariksha of Buddhabhatta. Some sources state that it is Hindu but it is most likely Buddhist. The date is uncertain, but it is probably from the 6th Century. In this treatise diamonds figure highly, as the king of gemstones and are ranked according to caste. The Sanskrit word for diamond, vajra, is also the word for the Hindu goddess Indra's thunderbolt and diamonds are often associated with thunder. The ruby was also highly revered. It represented an inextinguishable flame, and was purported to preserve both the physical and mental health of the wearer. The treatise lists many other gemstones and their properties.

The beginning of crystal healing

In 1609 Anselmus de Boot, court physician to Rudolf II of Germany, suggested that any virtue a gemstone has is due to the presence of good or bad angels. The good angels would confer a special grace to the gems, but the bad angels would tempt people into believing in the stone itself, and not in God's gifts bestowed on it. He goes on to name certain stones as helpful, and put other's qualities down simply to superstition. Later in the same century, Thomas Nicols expressed in his 'Faithful Lapidary' that gems, as inanimate objects, could not possess the effects claimed in the past. Thus, in

the Age of Enlightenment, the use of precious stones for healing and protection began to fall from favour in Europe.

In the early part of the 19th century, a number of interesting experiments were conducted to demonstrate the effects of stones on subjects who believed themselves to be clairvoyant. In one case, the subject claimed to feel not only physical and emotional changes when touched with various stones, but also to experience smells and tastes.

New Age movement and rediscovery of gemstone use

In the 1980s, with the advent of the New Age culture, the use of crystals and gemstones began to re-emerge as a healing method. Much of the practise was drawn from old traditions, with more information gained by experimentation and channelling. Books by Katrina Rafaell in the 80s, and Melody and Michael Gienger in the 90s, helped to popularise the use of crystals.

These days there are a large number of books available on the subject, and crystals frequently feature in magazine and newspaper articles. Crystal therapy crosses the boundaries of religious and spiritual beliefs. It is no longer viewed as the domain of alternative culture, but as an acceptable and more mainstream complimentary therapy, and many colleges now offer it as a qualification subject.

Crystal healing is more a type of complementary treatment. In other words, it's used to compliment traditional medical treatment. If for example a person was being treated for cancer or some other serious type of illness, crystal energy healing could be used in a bid to enhance or boost the treatment being administered. In that sort of scenario, crystal therapy would focus on making the patient's body more responsive and receptive, and it would likewise focus on improving the patient's general frame of mind.

Even though crystal healing is often used in cases such as the one mentioned above, it's more often used to treat and cure emotional problems such as depression, anxiety, and so on. It can also be used for treating things like low self esteem, lack of confidence, and even a range of sexual issues. So, how exactly does this intriguing type of treatment work?

The Power of Crystals

While I'm not going to attempt to explain all the technicalities regarding crystals, I will point out the fact that man has long since been aware of the power of crystals, and the fact that crystals are able to harness and influence energy.

Although no longer in use medicinally, gemstones continued to hold meaning. Until recently, jet was popularly worn by those in mourning, and garnet was often worn in times of war. There is a tradition in a local family here in southwest England: every female descendent wears an antique moonstone necklace for her wedding, which has been in the family for generations. It was only recently that one family member realised this was a fertility symbol.

Many tribal cultures have continued the use of gemstones in healing until very recently, if not through to the present day. The Zuni tribe in New Mexico make stone fetishes, which represent animal spirits. These were ceremonially 'fed' on powdered turquoise and ground maize. Beautiful inlaid fetishes are still made to sell, and are very collectable artefacts or sculptures, although the spiritual practise surrounding them is no longer much in use. Other Native American tribes still hold precious stones, especially turquoise, sacred. Both Aborigines and Maoris have traditions regarding stones and healing or spiritual practise, some of which they share with the rest of the world, while some knowledge still kept private within their communities.

It is interesting to note that there are many examples of gemstones meaning similar things to different cultures, even when there has been absolutely no interaction between these cultures, and no opportunity for crossover. Jade was considered to be a kidney healing stone by the ancient Chinese, and also Aztec and Mayan civilisations, turquoise has been worn to give strength and health all over the world, and jaspers have almost always conferred both strength and calm.

In traditional Indian medicine, seven chakras are believed to be present on the surface of the human body, running in a straight line down the center of the body, parallel to the spine. These seven chakras can be described as

being energy centers, with each center being responsible for a certain region of the body.

- Crown Chakra
- 3rd Eye Chakra
- Throat Chakra
- Heart Chakra
- Solar Plexus Chakra
- Sacral Chakra
- Root/Base Chakra

It is believed that if/when one or more of these chakras are blocked, the resultant disruption to the natural flow of energy causes health related problems, whether physical or emotional. In order to restore inner harmony, any blockages must be opened, and this is essentially what crystal healing aims to achieve.

Crystal Therapists

A crystal energy healing therapist will treat the affected chakras by placing, or sometimes rubbing, specific types of crystals oven the chakras in question. Interestingly enough, there's no such thing as "one crystal-fits-all." Therapists will have a variety of crystals, and will decide which crystals need to be used, based on the answers you supply to their questions.

Crystal healing experiences also vary from one individual to the next, although it's not uncommon for people to say it feels as though a huge load has been lifted off their shoulders. Many also report a distinctive tingling sensation, which varies depending on the severity of the blockage or blockages regarding the various chakras. While no two people have the same experience and while some see better results than others, all agree that in order to really benefit from crystal healing, one has to maintain an open mind.

The physics principle behind the magic

Advocates for Crystal Healing have been around for centuries. Most people have and do assume that it is quackery. But a research project found the scientific mechanism that allows our body's energy field to receive transmissions from radiating crystals. Crystal Healing is not quackery.

The Third Eye:

The ancient Third Eye of our ancestors had been designed to receive external vibrations of various frequencies, including light. It has evolved down through the ages to become our pineal gland. It now secretes the melatonin hormone that controls our daily lives.

The research shows how it enables our human body to receive external vibrations such as the soothing frequencies of certain crystals.

Of the several types of crystals studied it was found that the amethyst crystal had the best measurable energy field with the most available data, so most of the evaluations were on the amethyst crystal.

A key to understanding the science can perhaps best be recognized from Einstein's famous equation E=MC2 which shows that our bodies are basically two kinds of matrices: one of matter (M) which is our flesh and bone, and one of energy (E) which has a measurable electromagnetic field. (C is the speed of light.) Advocates of Crystal Healing call this electromagnetic field our aura.

The basic research objective was then to find a mechanism that could enable our bodies to receive an energy transmission from a radiating crystal. This is where chakras and auras come into play.

Chakras:

Chakra is an old Sanskrit term meaning 'wheel' or 'circle' and is used to reference 7 specific energy centers along the body's meridian. Note that the Brow Chakra is also known as the Third Eye and this is the one of most importance in the research.

Our western philosophy does not generally consider Chakras as anything more than unfounded myths from the ancient world.

Most Americans dismiss the idea of chakras as notions resurrected by the "new-age movement". But we know that the idea of chakras goes back

many thousands of years.

The earliest mention of Chakras comes from the Vedas that form the Hindu scriptures. Evidence indicates that the Vedas were brought to pre-historical India when the early founders migrated from a lost civilization. Plato said that civilization was Atlantis.

The Chakras are said to be "force centers" in the physical body that are occupied by whorls of energy. Their energy may also radiate from these points in the physical body.

Chakras are basically accepted as symbolic, however many people believe them to be physical. To understand how chakras might be physical, it's important to remember that energy is physical, and chakras are believed to be discs of energy. Remember that the electricity in our nervous systems and brainwaves is energy.

It is believed that the Brow Chakra which is known as the Third Eye is the most important from a Crystal Healing standpoint. In analyzing this Third Eye we see that our ancient ancestors did indeed have a Third Eye that could sense vibrations from their environment. Some primitive creatures still living today, such as the Mantis and Iguana have Third Eyes.

The advocates claim that Crystal Healing is a deep and gentle healing technique that is very effective. The technique is to focus the energy from specific crystals onto the patient's Chakras and Aura Field. The energy is focused at the points where the Chakras and Aura that may need "balancing" are most sensitive.

The advocates claim that our Chakras and Auras control the energy flow into every area of our lives.

Each chakra has a specific significance in that each, with one exception, relates to a gland in the endocrine system.

Auras:

The aura is the electromagnetic field that surrounds the human body and every organism and object in the Universe. This is a true and undisputed scientific fact.

But some devotees of Crystal Healing also believe that auras can show if someone is highly spiritual or may be interacting with another entity. The devotees also believe that auras show the well being of the person giving off the aura. They believe that the aura colors of a person indicate specific aspects of the person. Remember that each color is a specific spectrum of frequencies, or vibrations.

Silver indicates intelligence, Ruby Red indicates vitality, Violet indicates gentleness, Rose Pink indicates love, Sapphire Blue indicates healing and spirituality, Gray indicates illness or fear, Brown indicates cruelty or stubbornness.

How crystal energy works and later discovery

The evidence shows that our Third Eye (our pineal gland) can sense the energy field of some perfect or near perfect crystals.

To understand how this works we need to recognize that our bodies are energy matrixes; that amethyst Crystals are energy matrixes and that the two energy fields can interact via our Third Eye.

Let's visualize the interaction of energy vibrations from a crystal with the energy vibrations in our human electromagnetic field. The interaction of the uniform crystal vibrations tends to sooth the body's aura into a more peaceful order. That is the essence of crystal healing.

Mind-Body Connection

Research found the scientific mechanism that allows our body's energy field to receive transmissions from radiating crystals.

The ancient Third Eye of our ancestors has evolved such that it can help receive external vibrations such as the soothing frequencies of certain crystals.

Healing properties of crystals

You may find it hard to believe, but crystals and minerals DO actually have healing properties. Although the science is not well understood, there is plenty of people, cultures, and history that advocate the use of particular crystals and gems for particular uses. Allow me to explain the basics.

Have you ever slept with a crystal under your pillow? Try it using amethyst or malachite and you will notice an obvious affect on your dreams. Open up to the idea that crystals can help heal your mental, physical, emotional, and/or spiritual state. Once you do, you will have a new hope and a new method for practical self-improvement through crystal healing.

Most Americans these days only believe in proven science. Well, everything IS science, but only some of it has been proven. Take our thoughts for an example. We all have thoughts, but we still can't read them or prove them with scientific instruments. Here we get the "gray area" of Metaphysics. So, to believe in Crystals that Heal, you must understand that Metaphysics is science not yet proven. We still don't have sensitive enough

equipment to measure the higher activities of crystals and minerals. Plus, we're not looking for it.

How do crystals heal, then? By subtly altering our Vibrational patterns. Have you ever seen Dr. Emoto's water experiments? Science has proven that all matter is actually energy and all energy vibrates. Science has also proven that thoughts, prayers, and other surprising things can alter those energy vibrations. Crystals hold a vibrational pattern that affects the frequencies and vibrations of water as well as those of people (and their bio-electro-magnetic field.)

Different crystals and minerals hold different Vibrational patterns, so by utilizing different gemstones, you can affect different parts of your physical, emotional, mental, and/or spiritual anatomy. The longer you are exposed to a particular type of crystal, the more it can have an impact on you, as your vibrational patterns naturally align with the crystal's vibrational patterns.

Understanding that the vibrations of minerals and gemstones are about as fine as those of thoughts and emotions, is easy to see why believing in the Healing Power of Crystals would increase their potency. And so does wearing or holding a crystal right up against the skin or ingesting a Gemstone Elixir (where you are drinking water that has had a crystal soaking in it - thereby altering the waters molecular structure just as thoughts alter water molecules in the Dr. Emoto Research.) The length of time that a person is in contact with a crystal is also a factor in how much impact the crystal will have.

Shape, Color, and Grids

Crystals you should know

There’s been a in American adults turning to what’s known as complementary and alternative medicine. This includes everything from acupuncture and yoga to tai chi and even healing crystals.

In fact, you’ve probably heard people talking about, and showing off, these beautiful stones. But you may not know what they could offer you.

There are a number of different types of crystals, each filled with their own healing abilities for the mind, body, and soul. They’re thought to promote the flow of good energy and help rid the body and mind of negative energy for physical and emotional benefits.

Historically speaking, crystals are touted as ancient forms of medicine, with philosophies borrowed from Hinduism and Buddhism. However, it’s important to know that there’s no scientific evidence to support the use of crystals. Despite this, people are still drawn to their colors and beauty.

The key to indulging in this self-care experience is mindfulness, reflection, and acceptance. For instance, found that a person’s mind may have much more healing power than it’s given credit.

Even though there isn’t a great deal of scientific support of crystals, a number of people swear by their powers. So, if you’re curious to give them a go, make sure to keep an open mind and check out what each stone can do for you.

To help you get started, we compiled a comprehensive roundup of some of the most popular crystals.

Different type of healing crystals

Agate

Northern Territory Agate brings cheerfulness & colour to the user and is useful for creativity.

Amazonite

Aligns and balances the physical body with the etheric body. Amazonite calms nerves, aids creative expression and soothes the emotions. Amazonite also brings joy, clarity and an understanding of universal love.

Amethyst

Amethyst is known as the peace stone and is a promoter of spiritual wisdom. It has a great calming and comforting influence making it ideal for meditation and enhancing psychic abilities. Amethyst is very protective and inspirational. Radiates divine love and promotes emotional centering.

Calcite

Calcite cleans negative energies from the environment and heightens your energy. Calcite calms the mind, combats laziness.

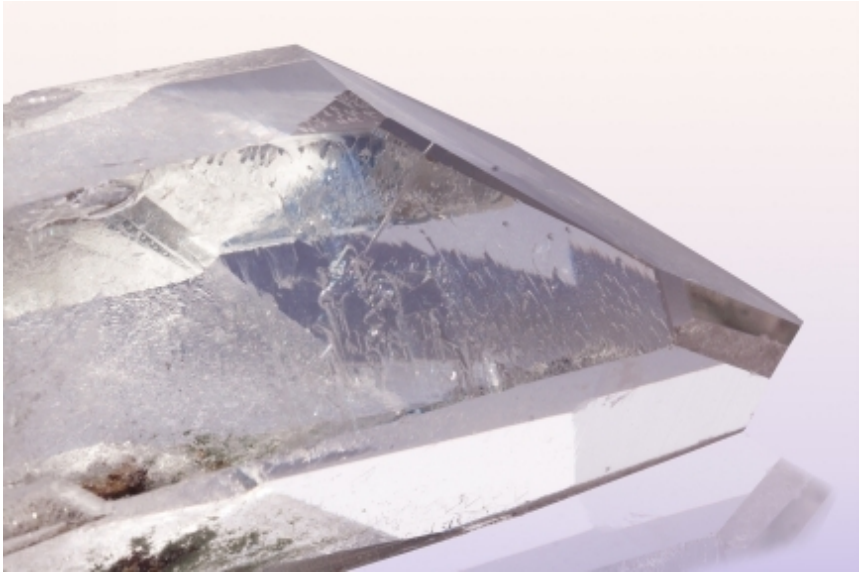
Carnelian

Carnelian is a stone of happiness and hope; it provides courage and strength to proceed onwards. Carnelian creates an emotional balance and eliminates confusion.

Citrine

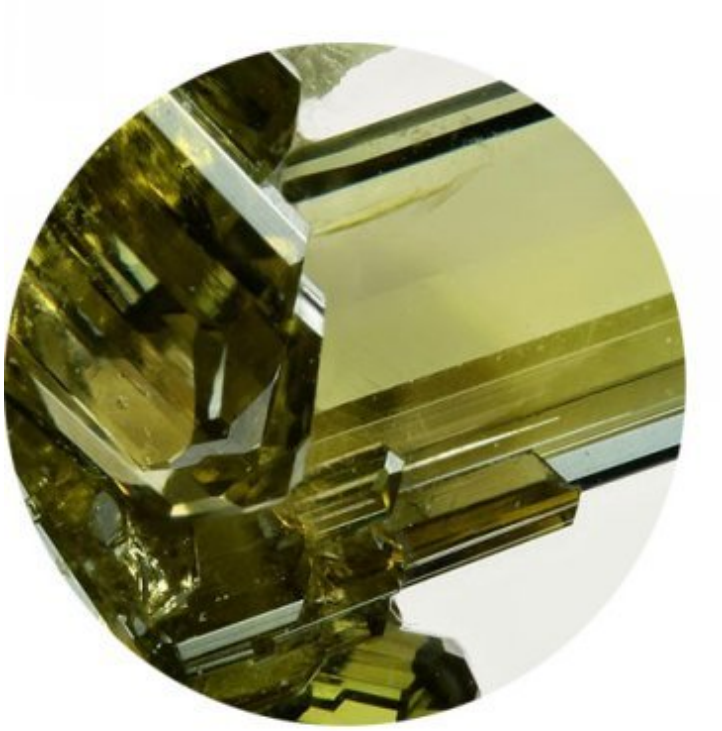
Citrine is known as an Abundance and Wealth Stone. It is a powerful cleanser and regenerator. Citrine is joyous, warm and energizing. Raises self esteem, stimulates mental focus. Absorbs, transmutes, dissipates and grounds negative energy, i.e. extremely protective for the environment.

Clear quartz



This white crystal is considered a “master healer.” It’s said to amplify energy by absorbing, storing, releasing, and regulating it. It’s also said to aid concentration and memory. Physically, clear crystals are claimed to help stimulate the immune system and balance out your entire body. This stone is often paired with others like rose quartz to aid and enhance their abilities.

Epidote



Epidote offers the courage to enjoy life to the full and the ability to manifest your dreams and it also strengthens your sense of identity.

Fluorite

Fluorite balances and advances the mind and increases concentration. It has a stabilizing influence on all levels and is a calming stone. Fluorite strengthens memory and ability to concentrate.

Garnet

Garnet is a stone of passion courage and commitment. It will stimulate the senses and increase your vitality and stamina and is also a powerful energizing and regenerative stone. Garnet is a stone of purity and truth as well as inspiring love and compassion. Balances the sex drive and alleviates emotional disharmony.

Hematite

Hematite is grounding and protective. Enhances mental capabilities and is excellent for reducing stress. Hematite dispels negativity and encourages optimism.

Amber

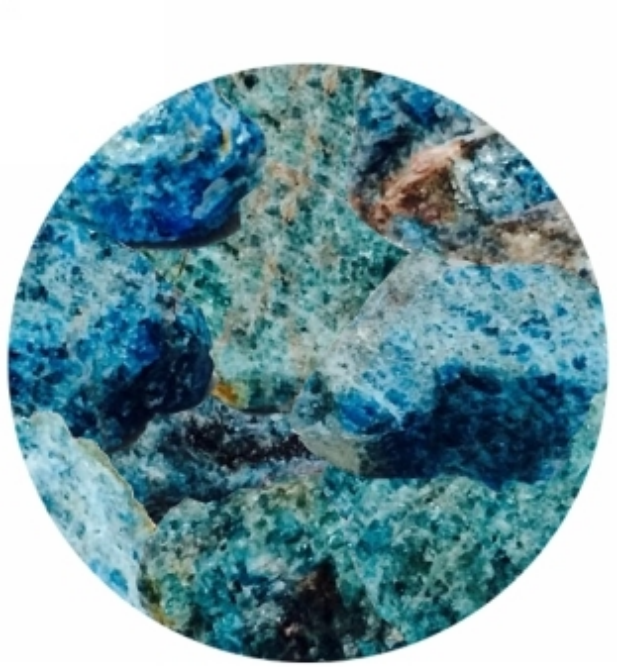
Amber is one of the world’s oldest and most coveted treasures, a “Gold of the Sea” intrinsically formed by light and life, preserved by time and washed upon the shores for humanity, a talisman of beauty, protection and renewal. It has been portrayed as drops of the sun, tears of the gods, hardened honey, and sunlight solidified, and is as desired today as it was in the most ancient cultures, utilized as far back as the Stone Age for its pleasing warmth of color, value in adornment, and its magical and medicinal properties.

Ametrine

Ametrine has a strong healing energy that releases negativity from within the aura, and aids weight loss, as well as helping you to release your addictions.

It helps to enhance mental and spiritual clarity, while at the same time uniting masculine and feminine energies.

Apatite



When confusion clouds our true perception of self, it’s like a thick fog rolling in, blocking our vision and causing a highway hazard. And by hazard we mean a flurry of toxic emotions that result in a traffic jam of the chakras and a disruption of the flow of our powerful internal force. The Apatite crystal helps to clear away the fog because it reminds us that what lies before and behind are of little consequence. It’s the energy that lies within that holds the key to eternal happiness.

Aventurine

Containing particles of mica formed from microcrystalline quartz, Aventurine is known for its sparkly sheen that glistens under light. Mined from India, a major source of green Aventurine, this beautiful stone is popular for using in jewelry and is often made into beads or incorporated into boxes, intricate figurines or other artwork. Known as the Stone of Opportunity, Aventurine is excellent for starting a crystal collection because of its stunning aesthetic and inexpensive price. The Aventurine stone is known in the gemstone world as one of the luckiest stones, which makes it a must-have for inviting good luck and prosperity into your life.

Tourmaline

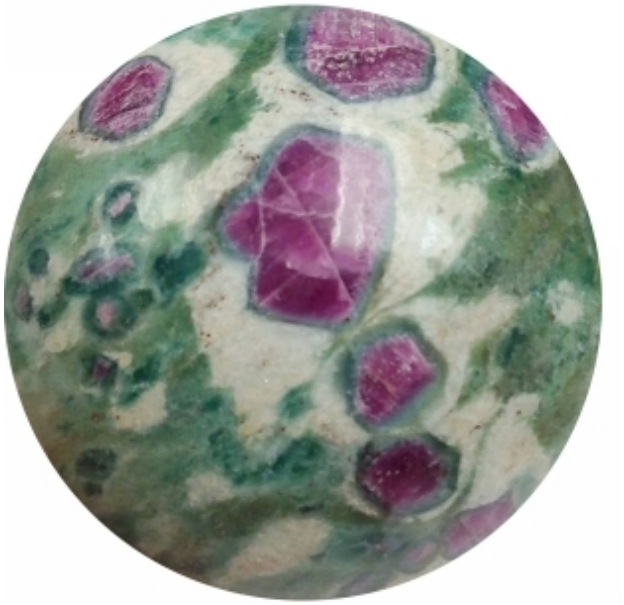
Tourmaline is a shamanic stone, providing protection during ritual work. It can be used for scrying, and was traditionally used to point out a cause of trouble or an offender, and to indicate a good direction in which to move. To use Black Tourmaline in purification and protection rituals, create a ring of eight small natural tumble stones for a protection circle or place upon an altar.

Black Tourmaline is an excellent grounding crystal for meditation and healing, and a small number of Black Tourmalines are double-terminated, ideal for body layouts. The linear flow of energies is enhanced equally in both directions along the crystalline form.

Danburite

The stunning clarity of this stone will activate the chakras from the heart up to the crown. When meditating with this stone, negative energy in the upper chakras will be removed and be replaced with positive and calming vibrations. When meditating with Danburite you may find that while healing the upper chakras that this stone will heal and clear the Auric field and draw Kundalini energy up through the spine into the crown chakra thereby increasing your natural energy flow.

Fuchsite



Fuchsite is the stone of rejuvenation and renewal. When you feel like you’re stuck where you are and nothing significant is happening with your life, Fuchsite is a very good stone to have with you.

It will give you a fresh new perspective on life, and it will make you appreciate all the good things you have going for you.

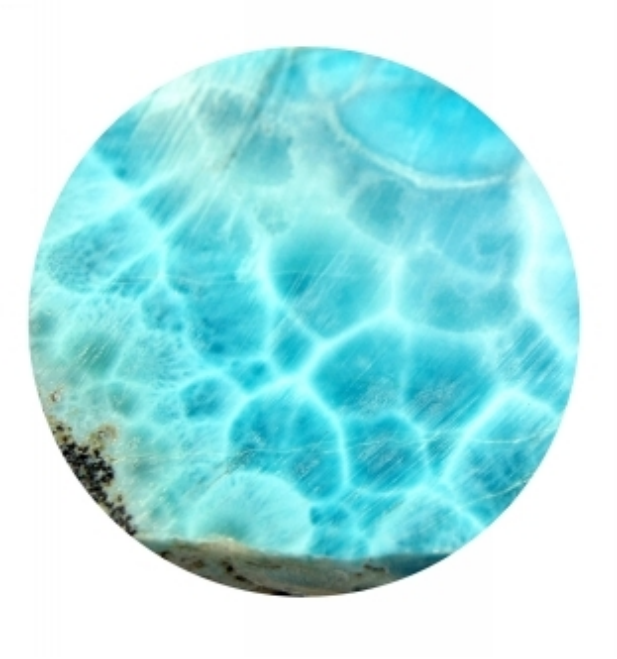
This stone carries the energies and vitality of youth, and it will fill your life with joy, laughter, and playfulness.

Kyanite

Kyanite inspires loyalty and fair treatment to others. It assists in working through disagreements and disputes, and can aid in repairing damaged relationships. It is beneficial in negotiations, diplomatic missions, arbitration and other forms of communication between disharmonious people, allowing disparate energies to move into resonance and find a common frequency.

In the workplace, Kyanite promotes good communication, bridging the gap between different beliefs and ideas, and encourages self-expression and speaking one's truth. Hold or wear Kyanite when addressing a group, or leading a seminar or team meeting. It sharpens communication skills, and is particularly helpful when answering questions or when there is a need to improvise.

Larimar



Larimar is a crystal of serenity, promoting relaxation in every aspect. Use as a worry stone, or place in the home or workplace to assure a pleasant atmosphere. Hold as you sit on the seashore, or gaze into the sea-like patterns of the stone, to reconnect with the ebbs and flows of your inner tides.

As you sit in a bath surrounded by blue candles, use Larimar to connect with the healing powers of the dolphin through visualization or dolphin call music. Simply wearing Larimar creates a fundamental awareness of the "all-rightness" of the world. Use Larimar to overcome fear of doctors, hospitals, injections or surgery. It promotes clear and confident communication with health personnel.

Tanzanite

Tanzanite is an excellent crystal for novices to the exploration of psychic powers, as it is very protective and allows the clairvoyant Brow Chakra to open gradually, preventing psychic impressions from becoming overwhelming. To open the Third Eye and psychic powers, circle a Tanzanite clockwise in the center of the brow, and counterclockwise to close it.

As a workplace stone, Tanzanite is calming and soothing. Even a tiny piece is beneficial for overcoming communication difficulties. It is also practical in providing a solution to problems when there seems to be none. It is a good stone for career change.

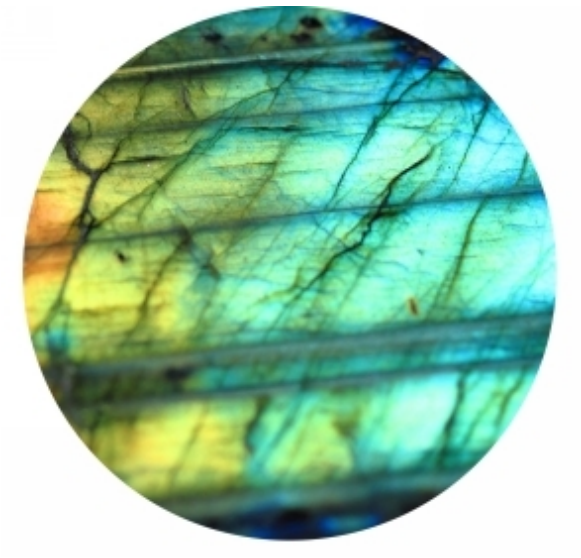
Howlite

Howlite is an extremely calming stone. It is an exceptional antidote to insomnia. Howlite will link to spiritual dimensions preparing the mind to take in wisdom and insight. Howlite teaches patience and helps eliminate rage and uncontrollable anger.

Jade

Jade is a symbol of purity and serenity and increases love and nurturing. It is a protective stone keeping the wearer from harm. Jade is believed to attract good luck and friendship.

Labradorite



Labradorite is a mystical stone and a bringer of light. It raises consciousness, increases telepathy and stimulates magic. It amplifies happiness and joy and provides a sensation of security. Eases tension and pressure.

Malachite

Malachite amplifies both positive and negative energies. It will ground spiritual energies onto the planet. Malachite absorbs negative energies and guards against radiation. A stone of transformation, it encourages change and calculated risk taking.

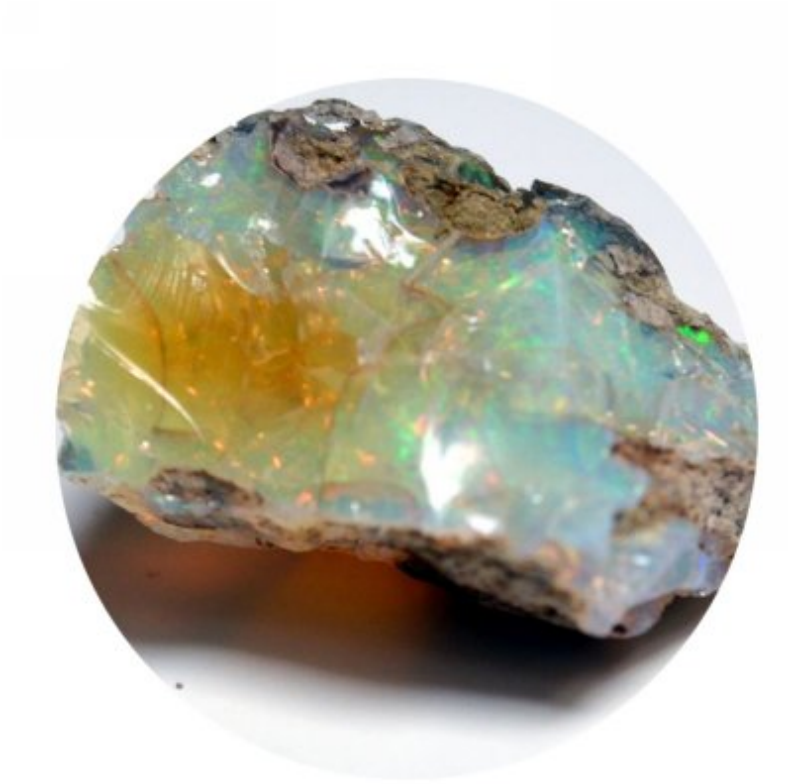
Black Onyx

Black Onyx reduces stress and encourages self control. Black Onyx also encourages happiness, good fortune and higher inspiration.

White Onyx

White Onyx helps you to experience guidance and work more with your instincts.

Opal



A stone for renewal that also helps to guide you in the journey of life. Opal teaches love and non violence providing for nourishment in all aspects of development.

Dendritic Opal

Dendritic Opal promotes growth; both spiritually and physically and can be used to promote your organizational abilities.

Peridot

Peridot was once used to guard people from evil spirits, it is still a protective stone for the Aura. It is a powerful cleanser, releasing and neutralizing toxins on all levels. It helps you to understand your destiny and spiritual purpose. Peridot helps to bring about necessary change by motivating growth.

Rhodochrosite

Rhodochrosite eases emotional pain resulting from subconscious memories and helps heal emotional wounds and traumas. It strengthens memory and intellect.

Rose quartz

Rose quartz is known as The Love Stone. Balances, heals and rejuvenates emotions. Cools hot tempers, clears stored anger, guilt and jealousies. Rose quartz encourages compassion and harmony.

Selenite

Selenite brings clarity of mind. Instils deep peace and is excellent for meditation or spiritual work.

Tigers Eye

Tiger Eye brings cheerfulness and optimism. Helps soften stubbornness. Encourages positive attitude to life and furthers self esteem. Helps release unwanted emotions. Tiger Eye increases appreciation of mother earth.

Jasper

This smooth crystal is known as the “supreme nurturer.” It’s said to empower the spirit and support you through times of stress by preparing you to fully “show up.” It’s claimed to protect you from and absorb negative vibes while promoting courage, quick thinking, and confidence. These are traits that are extra helpful when tackling important issues — which is exactly what this stone may be good for.

Obsidian

An intensely protective stone, obsidian is said to help form a shield against physical and emotional negativity. It’s also said to help get rid of emotional blockage and promote qualities of strength, clarity, and compassion to help find your true sense of self. For your physical body, it may aid in digestion and detoxification while potentially helping reduce pain and cramps.

Turquoise

This blue crystal has powers that are said to help heal the mind, body, and soul. Generally speaking, it’s seen as a good luck charm that can help balance your emotions while finding your spiritual groundings. When it comes to the body, it’s said to benefit the respiratory, skeletal, and immune system.

Moonstone

Known for “new beginnings,” moonstone is said to encourage inner growth and strength. When starting fresh, this stone is purported to also soothe those uneasy feelings of stress and instability so you’re able to move forward successfully. It’s also claimed to promote positive thinking, intuition, and inspiration while bringing forth success and good fortune.

Sunstone

The happy stone. If you are feeling low or lonely wear this or carry one in your pocket for pick me up. It is a great energy stone when are feeling tired or have little to no motivation. If you need a boost in your personal power of attraction, then this is the stone to wear or hold.

Bloodstone

This powerful healing stone lives up to its name. Bloodstone is claimed to help cleanse the blood by drawing off bad environmental energies and improving circulation. Mindfully speaking, it encourages selflessness, creativity, and idealism while helping you live within the current moment. It’s also said it can also help you rid yourself of feelings of irritability, aggressiveness, and impatience.

Sapphire

This blue stone is one of wisdom and royalty. It’s said it can attract prosperity, happiness, and peace while opening up the mind to accept beauty and intuition. As for physical health, this stone is claimed to also help heal eye issues, cellular levels, and blood disorders while also easing depression, anxiety, and insomnia.

Ruby

A red standout, this stone helps restore vitality and energy levels. This can help improve things such as sensuality, sex, and intellect. It’s also said to help bring self-awareness and the realization of truth to one’s mind. Rubies were used in ancient times to help remove toxins from blood and improve the overall circulatory system.

Recuperating crystals have been utilized for a very long time and are found in an assortment of spots everywhere throughout the world. They come in all colors, all shapes and all sizes.

Healing crystals have been scientifically verified to enrich the environment where they are found, and are commonly used by energy workers to heal and protect both humans and animals.

Some crystals are large, perky and can stand up straight on their own, others are small, dark and shaped like a sphere. Every detail of a healing crystal is important, from its shape, to its size, to its color. All of these tiny details influence how energy flows throughout the crystal.

Crystals shapes

These exclusive crystals often look like rods or wands, however they are unique because they have points on both ends. These crystals are very powerful because they have the ability to transmit and emit energy from two places. Sometimes one end may be releasing energy while the other point is transmitting energy, other times both points may be transmitting or emitting energy. Because of this, they have many purposes, but should be used with care.

The Massage Wand:

Perfect for massage therapists, this type of crystal has no pointed end at all, but rather two rounded ends, with one end being wider than the opposite. They are popular amongst massage therapists and reflexologists.

The Double Pointed Crystal:

These unique crystals often look like rods or wands, however they are unique because they have points on both ends. These crystals are very powerful because they have the ability to transmit and emit energy from two places. Sometimes one end may be releasing energy while the other point is transmitting energy, other times both points may be transmitting or emitting energy. Because of this, they have many purposes, but should be used with care.

The Laser Wand:

This crystal is characteristically clear in color, is long in length, but narrows at the tip. This kind of crystal is popular amongst energy workers and acupuncturists. This crystal is very powerful, and concentrates all of its energy around the tip. Only use this crystal with positive, direct intentions.

The Pendulum:

This prevalent crystal shape can easily be made into a necklace or used as a pendulum. When worn, this crystal is a great protector and healer. It also identifies imbalances in the human body. As a pendulum, this crystal can be used for a wide array of purposes, mainly by experienced energy workers.

The Sphere:

This rounded crystal is always manmade, but that is because the sphere is a powerful shape, making these crystals extremely powerful. The sphere crystal emits energy in all directions equally and is helpful when meditating, as well as trying to connect with your innermost self.

The Cube:

Numerous crystals come in the shape of a cube. This shape is able to harvest a significant amount of energy and can be very stabilizing. Like the calculated nature of their shape, these crystals are easy to program and are known to secure intentions well.

The Egg:

This exact kind of crystal is known for its aesthetic beauty. These types of crystals are popular among those who practice acupressure as well as reflexologists. Egg shaped crystals are known for holding energy that can find an imbalance within the body.

The Heart:

The heart shaped crystal is known to attract loving energy, as well as energies that can help those with negative emotions. This healing crystal deals with the mental body, and works to deter sadness, grief, suffering and pain. The heart crystal has also been known to increase fertility.

Sacred Geometry Shapes:

Some crystals may resemble one of the sacred geometry shapes. These crystals are highly spiritual and represent all that life is composed of, giving them the name "platonic solids". These crystals are very useful for aligning the chakras and during meditation.

The Tower:

This crystal is fairly even on all sides and is aerodynamic, designed to stand up on its own. The best tower shaped crystals are formed so that a pointed tip is at the top of the tower, almost like a castle. These crystals are

very powerful and can energize anything that comes near it. Use these tower crystals with caution.

The Pencil:

This crystal is long, narrow, and features one pointed end and one dull end. It looks quite like a pencil, hence the name. They are used by experienced energy workers looking to create a crystal grid, and by casual crystal healers for everyday use.

The Pointed Crystal:

This is one of the most common shapes of crystals, and it features one pointed end and one rugged end. This crystal can be used for a wide array of healing practices, and is a good shape for beginners. Most often, clear quartz is found in this shape.

The Wand:

This long crystal has one rounded end, one pointed end, and is typically wider on the round side. Wands are usually manmade, but are great healing crystals because it is easy to direct the flow of energy with them.

Crystal grid

Mostly used to amplify the vibration energy of a crystal, grids made of healing stones can help you through the toughest of times without a scratch. Crystal Grids are highly programmed crystal energy mostly used for realizing dreams to healing magic.

Key characteristics that define a Crystal Grid are its trademark. The stones in a crystal grid are divided into various parts for a clearer

understanding of crystal physics. Depending on the color and lattice of the grid, these stones are chosen.

Focus stones

Used as a center stone, focus stones should be the most powerful stone with energies that you desire to work on realizing your goal. Technically, Focus Stone multiplies the universal life force to create an energy flow directed downwards.

Way stones

From the center of your crystal grid, the circles of stones around focus stone are the way stones. These stones constitute the most important part of energy flow. Simply put, way stones regulate the flow of energy and chakra through your crystal grid.

Desire Stones

The exterior circle around the focus stone is also third from the center. When appropriately matched, desire stones give body to your goals and desires to make it a reality.

Path

Shortly put as the road to the completion of our desire, the path is the means to your goal. A path is weaved when the crystal grid begins to experience energy transfer in shapes such as circle, square, triangle, quadrilateral, Seeds of a flower, Spirals, Pentagons, Mandalas and Eye of Horus.

Visual

Commanded by color shapes and designs, visual prowess of a crystal grid decides the psychic aura of your grid. For example, if you're asking for rain your crystal grid having a blue ocean like background will amplify your focus.

Benefits of making a crystal grid

Crystal grids are used to double or maximize your power with the use of multiple crystals arranged in a systematic and scientific pattern.

It can help in making you more powerful in addition to making your dreams come true easier than usual.

Crystal grids are highly useful for medicinal purposes as it contains the Universal Life Force capable of life and death.

Things needed to make a crystal grid?

Crystals to cast your wishes right

Crystal Grid made out a chart

Paper with your intentional scenery in the backdrop.

A Sacred Place to practice your crystal power

quartz crystal to amplify your crystal power

Cleaning incense flavors.

Soft Cloth to dry your crystal

Paper with a list of your goals.

Based on the Color Energies, each crystal can assist differently.

Orange color

An important part of every crystal grid, orange crystals such as Citrine are powerful to enlighten and connect you with the spiritual realm. A crystal to boost your spiritual awareness, use this Citrine for new beginnings as well as protection from psychic attacks.

Green color

Used for the growth of wealth and wisdom, green energy crystals such as jade, when arranged in circles around your central crystal in a grid can attract money or success.

Rose Color

A loving color that fills the wearer with calming vibrations, rose colored crystals such as rose quartz are the epitome of emotional freedom. In fact, rose quartz is an exceptionally powerful crystal with power to let go of leftover love as well as attract your soul mate.

Wear Rose quartz to find your true love sooner than too late!

Blue color

The color energy of blue is radiant and known to comfort the wearer. Sodalite is ideal for relieving pain due to failures. Use this Sodalite to restore your mental clarity, satisfaction and enthusiasm.

Steps to make and activate your own crystal grid

To amplify your crystal programming to healing and magic, there are many ways to construct a crystal grid as well as activate it. Crystal grids can be used to manifest your dreams and desires for money, healthy, happiness and power.

- Clean your sacred space using a powerful herb such as lavender or sage.
- Sit down and write your intentions on a piece of paper.
- Fold the paper with your intentions and place it in the center of your grid.
- Set up the rest of the crystals based on your intention, color and layout in an order towards the center.
- Inhale a deep breath and state your intention out loud.
- Keep a quartz crystal between you and the crystal grid.
- Visualize connecting the different crystals via the quartz crystal in a non-stop manner.
- Thank your crystals.

- You have activated your crystal grid!
- Leave it undisturbed for 40 days.

NB: Crystal grid layouts can be made based on the key colors of the crystals you want to power your intention or wish with.

Your First Crystal kit

How to distinguish real from fake gemstone

No one wants to study geology in an effort to avoid being scammed with fake gemstones. Artificial glass and manufactured quartz are the latest craze to those that don’t understand the power behind the source. However, there are a few signs to look for when purchasing crystals to know how to tell if a gemstone or crystal is fake.

Glass is easy to Spot

quartz is seasoned and cooled for centuries and has a geometrically perfect molecular structure, as all crystals do. Glass is quickly cooled to produce fast results. Because of the lack of time for conditioning, glass will have tiny air bubbles that have not been allowed to arrange in a pattern. There is one exception; clear Enhydro quartz refers to crystal that has fluid, gas or carbon bubbles beneath the surface. These bubbles will appear to have motion while glass bubbles do not.

Colored quartz or Citrine

quartz, citrine and amethyst glass pieces are often dyed to increase the clarity of the color. While the vibrant fuchsia, deep blue agate and yellow hues are beautiful, they also point to being fakes. Look at the cracks and you will see a darkened color where the dye has gathered.

Unnatural formations

Tech companies use labs to manufacture high quality quartz crystals for electronics. Using a hydrothermal process, lower quality quartz can be forced into designed that promote new growth patterns. A stepped apex is the result and may form 3 facets instead of the usual 6 facet hexagon pattern. This process can also leave pieces with a greenish tint.

Hematite is not magnetic

Shops that advertise the power of hematite with magnetic characteristics are peddling man-made pieces. The power of the magnetism is due to the powdered iron oxide that is attached to a strong magnet. It is then buffed to a brilliant shine. Genuine hematite will not have magnetic properties.

Finding credible dealers can be a challenge when buying genuine crystals or gemstones. Price is not always a dead give-a-way, but the reputation of the company can put you on high alert. Do a little bit of research on new dealers and steer clear of inexpensive wares from China. Check out the credentials of website owners. There are many credible sources for finding real crystals and gems, but also some that only want to sell manufactured products. These are a few signs to know how to tell if a gemstone or crystal is fake.

How to choose your first crystal

Always choose crystals you are drawn to. Those are the ones you find pretty, sparkly, interesting and keep going back to. These will always help you, sometimes in strange and wonderful ways. It may be obvious to you when you check what they do why you were drawn to the specific crystal. They can also be predictive or they may be for someone close to you. Whatever their purpose, they will reveal it to you when needed. I've been drawn to specific quartz crystals, of which you can probably guess I have many, without knowing why. These will sometimes sit around for days, weeks, even on one occasion two years, but always there is a reason. Each is the right crystal for something or someone very specific. So when you're attracted to a specific crystal, don't worry about why. Trust yourself.

The most important thing when choosing a crystal is to trust yourself!

If it's a crystal for a specific purpose or gift for someone else then think about the reasons or person you are choosing the crystal for and be open to anything. Crystals will choose you; they'll appear to shout, sing, dance and jump off a shelf or almost leap out of your computer screen to get your attention.

Oh yes, I should have talked about crystals you "noticed", rather than ones you were "drawn to". It's those crystals that you don't like that will really help. You don't like them because they're touching something very uncomfortable and deep inside you, that you thought you'd locked away. (I've seen people burst into tears or be physically repulsed by a crystal!) Every now and then something starts to trigger it and you avoid the situation. You've avoided it for so long that you probably don't even know what it was in the first place. Now it's buried deep in your subconscious. And the crystals you don't like are going to bring it to the surface. When you work with these crystals you will probably feel emotional, perhaps have a good cry, get angry or anything else that lets the trapped emotion out for you. Sometimes it can be rough… but stay with it, it won't last long. And after that you'll feel better. So much better in fact that it will change your life! You will never have to avoid something again because of it (even if you didn't know what it was in the first place).

How to select crystal with a pendulum dowser

When you do, don’t think about it too much. Simply stand in front of a selection of pendulums, or look at a page on this web site with a large selection, and select the first one you notice. What are you drawn to? What qualities do you want your pendulum to have? When you have your pendulum ask it if it's a good one for you! To do this simply identify your yes/no for yourself and ask if it is a good pendulum for you to work with. If it says yes fine, if not try another. Crystal pendulums are easier to work with when you start as crystals magnify energy making it easier for you to see a response. Hold the pendulum in your hand and ask a simple question to which you know the answer is “yes”. Such as “am I a woman/man?” The pendulum will start to make a movement. Ask the opposite question and you should see a different movement. You have identified your “yes” and “no” and can now ask any question you wish. As with all spiritual tools pendulums respond to how they are treated. If you are serious your pendulum will always give you the correct answer (be aware of how you phrase your questions). If you treat it as a game or continually ask the same question over again it will respond accordingly! You can work with pendulum, dowsing rods or forked twig. A pendulum is more convenient, easier to transport and easier to work with over a client. Pendulums give you a physical external representation of your natural inner knowing. Once you have selected your pendulum, hold it over crystals one at a time and ask “do I need this crystal?” It’s that simple.

Zodiac Birthstone Guide

Aries

Ancient Birthstones: Amethyst, Bloodstone
Traditional Birthstones: Emerald, Diamond
Modern Birthstones: Amethyst, Anyolite, Bloodstone, Apache Tears, Axinite, Fire Agate, Aquamarine, Citrine, Aventurine, Dravite aka Brown Tourmaline, Bixbite, Magnesite, Emerald, Datolite, Crocoite, Diamonds, Magnetite, Sardonyx, Stellerite

Taurus

Ancient: Emerald

Traditional: Emerald

Modern: Black Spinel, Carnelian, Rhodonite, Blue Muscovite, Kunzite, Blue Tourmaline, Iolite, Kyanite, Rose quartz, Septaria, Scapolite, Selenite, Variscite, Amblygonite, Emerald

Gemini

Ancient: Agate, Sapphire

Traditional: Agate

Modern: Agate, Apophyllite, Aquamarine, Arfvedsonite, Blue Sapphire, Tigers Eye, Emerald, Celestite, Citrine, Chrysocolla, Tanzanite, Thulite, Ulexite, Serpentine, Variscite

Cancer

Ruby Gemstones

Traditional: Ruby, Emeralds

Modern: Brookite, Calcite, Carnelian, Natrolite, Rhodizite, Ruby, Rainbow Moonstone, Tinaksite, Rose quartz

Leo

Ancient: Onyx

Traditional: Peridot Gemstones

Modern: Amber, Dumortierite, Carnelian, Citrine, Danburite, Emeralds, Garnet, Golden Topaz, Kunzite, Labradorite, Larimar, Muscovite, Pietersite, Peridot, Ruby, Petalite, Rhodochrosite, Zircon, Rutilated quartz, Sunstone, Yellow Sapphire, Onyx

Virgo

Ancient: Peridot Gemstones, Blue Sapphire

Traditional: Amazonite, Garnet, Zircon

Modern: Blue Sapphire, Chrysocolla, Amazonite, Blue Topaz, Magnetite aka Lodestone, Garnet, Gaspeite, Peridot, Smithsonite, Moss Agate, Stichtite, Sugilite, Zircon, Stichtite in Serpentine aka Atlantasite

Libra

Ancient: Sapphire
Traditional: Pink Tourmaline, Bloodstone
Modern: Citrine, Ametrine, Bloodstone, Bustamite, Chrysoprase, Eucryptite, Prehnite, Sunstone, Chiastolite, Dream quartz, Hypersthene, Lepidolite, Mahogany Obsidian, Moonstone, Morganite, Pink Tourmaline, Tunellite, Tourmilated quartz, Stichtite in Serpentine, Tanzanite

Scorpio

Ancient: Peridot Gemstones, Agate, Rubies
Traditional: Turquoise, Malachite, Golden Topaz
Modern: Agate, Boji Stone, Charoite, Dioptase, Yellow Topaz, Kunzite, Hiddenite, Labradorite, Peridot, Malachite, Moonstone, Ruby, Rhodochrosite, Turquoise, Variscite

Sagittarius

Ancient: Amethyst, Turquoise, Blue Topaz
Traditional: Lapis Lazuli, Blue Topaz, Vesuvianite
Modern: Amethyst, Atacamite, Azurite, Black Obsidian, Blue Topaz, Charoite, Dioptase, Iolite, Herkimer Diamonds, Peridot, Labradorite, Lapis Lazuli, Ruby, Pink Tourmaline, Sodalite, Snowflake Obsidian, Turquoise, Vesuvianite aka Idocrase, Tanzanite, White Topaz, Zircon

Capricorn

Ancient: Peridot Gemstones, Agate
Traditional: Agate, Garnet, Vesuvianite
Modern: Black Tourmaline, Garnet, Chalcopyrite, Tigers Eye, Jet, Magnetite, Azurite, Malachite, Blue Aragonite, Peridot, Vivianite, Green

Tourmaline, Fluorite, Ocean Jasper, Agate, Smokey quartz, Vesuvianite aka Idocrase

Aquarius

Ancient: Garnet, Amethyst
Traditional: Amethyst, Garnet
Modern: Amber, Albite, Angelite, Amethyst, Bowenite, Cryolite, Blue Obsidian, Boji Stone, Aurichalcite, Garnet, Hematite, Lithium quartz, Magnetite, Rainforest Jasper, Merlinite, Kurnakovite, Wavellite, Pollucite, Mt Hay Thundereggs

Pisces

Ancient: Lapis Lazuli, Turquoise
Traditional: Aquamarine, Turquoise
Modern: Aquamarine, Amethyst, Fluorite, Bloodstone, Blue Lace Agate, Lapis Lazuli, Smithsonite, Turquoise, Ametrine, Kambaba Stone aka Kambaba Jasper

Shop for crystals offline

In the past, the diamonds were considered to be a woman's best friend. But time has changed and the views of people have changed drastically. It is a known fact that diamonds are one of the most precious stones available. No doubt about the shine, glamor and glitz, but the price is too high. As a result, some suitable substitutes came to the market. One such substitute is the crystal. They also feature for great sparkling effect with outright shines and glamour. Moreover, a wide range of artistic designs can be created while cutting these items into newer shapes. The notable makers are Swarovski and Waterford. These companies are renowned for their style statements.

Swarovski crystal is a brand name that is renowned all throughout the world. For more than a century is this company providing high quality crystal items like jewelries, home decors, kitchen utensils, and lamp shades. The classy looks and high finishing of these products are what that has made

them so famous in the entire world. The shine and glory that the items of this particular brand bring along with the purchase is truly matchless.

The company has in their possession a number of top notch designer to work with them while shaping the crystals into beautiful pieces of art. The Swarovski crystal jewelries are hugely popular among women from all over the world. They love to wear them with flaunting finesse. Add to it the pricing that are much cheaper if compared to the diamond ones available.

Some of the notable jewelry items the company produces are pendants, finger rings, and earrings. The designs are unique in term of appearance and are extremely trendy while matching according to the generation era.

If you talk about home décor, then apart from Swarovski another name is also quite popular in the market. It is Waterford crystal. Both of these companies produce unique home decors like figurines, glassware, and kitchen utensils. But the most notable ones are the lamp shades that are unique in design and appearance. Waterford is a company which is a specialized one in making unique light shades and lamp shades. But that doesn't make Swarovski any less important in terms of producing the lamp shade items.

Although these are notable names in producing unique items, but not all shops will feature the genuine products. Therefore, it is always better to buy from those shops that are authorized dealer of these particular brands. If such a dealer is not available at your city, then the option to buy these fine items is through the online mode.

While surfing the internet, you will also get to see a lot of webpages featuring ads on selling of these products at attractive discounted rates and offers. But, it is always better to vist the genuine company's own website and buy the product from there.

Shop for crystals online

Among a certain set of spiritual enthusiasts, healing crystals are hot right now — so hot, Instagram influencers are adding them to their water. If you're not on the rose quartz bandwagon yet but would like to be, finding where to get the best (and most ethically sourced) stones can be

overwhelming. And, considering how comforting and meaningful crystals can be, it's important to get yours from a trusted shop.

The problem is that the array of online crystal retailers is wide-ranging. Some simply list hundreds of varieties of stones available for purchase without even providing descriptions of their energetic properties. That might not be intimidating for a seasoned crystal user, but that shopping experience is downright overwhelming for newcomer.

On the other hand, there are shops that truly serve and inform their customers. These sites usually feature curated selections and customizable stone sets, and have knowledgeable, mindful founders behind them. Here, we've selected eight of those standout retailers.

1. Mystery Mountain

Why we love it: This fourth-generation family business based in the UK came into being when founder Terry Weber took an interest in the healing properties of crystals, herbs, and more. The small brick-and-mortar shop in Dorking, Surrey, may seem humble but the selection is vast.

What to buy: Your favorite stone in every plausible shape and size. Seriously, if you want a wand, worry stone, candle holder, or a hunk of tourmaline that's over a foot high, you can find it at Mystery Mountain.

2.Sage Goddess

Why we love it: This is a great one stop shop for spiritual items of all stripes, thanks in large part to its founder, Dr. Athena Perrakis, who writes in-depth descriptions and usage tips for all of the products on the site. If you don't know what to get when you start browsing, her insight will point you toward the right purchase.

What to buy: Sure, regular old crystals are an option at Sage Goddess, but you don't have to stop there. Thanks to the site's wide selection of crystal-infused perfumes, soaps, and candles, your crystal collection doesn't have to stop with the stones themselves — they can factor into every step of your self-care routine.

3.The Hood Witch

Why we love it: What this shop lacks in a huge selection it makes up for in its curation. Each crystal, whether it's an amethyst point, an obsidian pyramid, or a smoky quartz pendulum, is stocked for a reason, not just because it was lying around. This is a great shop to browse if you're very new to crystals and want a little extra guidance on what to choose.

What to buy: One of the many varieties of quartz the site has to offer. Although each type has a specific set of properties associated with it, quartz in general is a highly clarifying stone — and we could all use a little less brain fog. Keep an eye out for the next time the pendulums are restocked, too.

4. Energy Muse

Why we love it: Co-founders Heather Askinosie and Timmi Jandro are childhood friends with a passion for crystals as spiritual tools — not just shiny doodads to brighten up your Insta feed. Even the staunchest crystal skeptic will find something that fits their lifestyle in the Energy Muse shop.

What to buy: Advanced users should browse the latest arrivals fetched at the Tucson Gem & Mineral Show, while total beginners should start with Askinosie and Jandro's guidebook, Crystal Muse.

5.Rae Kai

Why we love it: Rae Kai founder and crystal healer Twila Olson is a major advocate of the healing power of nature. By bringing a piece of outside world into your home (in the form of a crystal), you'll feel more grounded and in-tune with your surroundings. Who would mind that?

What to buy: Crystal grids are easy enough to make yourself, but Rae Kai sells them preset and designed to meet a specific need, like increased focus or creativity. You can even set up a consultation with Olson for a customized grid made just for you.

6. Inner Vision Crystals

Why we love it: This shop's claim to fame might have been its promotion with crystal aficionado Spencer Pratt, but that's not the only reason it's on our list. Founder Mike Eggleston takes an extremely hands-on approach to his business, visiting the mines that source his crystals, consulting with jewelry makers, and booking in-person consultations with customers.

What to buy: Moldavite, a popular stone for its heart-opening and transformative properties, is one of InnerVision's specialties — take your pick from its vast array of shapes and sizes.

7.Moonrise Crystals

Why we love it: Thanks to its "Earth to pocket" mission, this shop tells you exactly where your crystals are coming from when you order. As often as possible, founder Julia Abouzelof hand-selects the stones that go up for sale on the site.

What to buy: Abouzelof is a font of crystal wisdom, so you're best off reaching out for a custom-made set of tumbled stones, which she'll assemble based on an email consultation.

8.Kacha Stones

Why we love it: This Wales-based shop has been working with individual miners to source their stones as ethically and non-violently as possible since 1996. They go the extra mile and store their inventory based on energetic properties in protective oak drawers.

What to buy: Crystals from Namibia's Brandberg Mountain, also know as Omukuruvaro or the "mountain of the gods," aren't just rare, they're also dug and extracted by hand, leaving the mountain face intact.

Basic Crystals everyone should have

1. Clear quartz

The most powerful as far as clearing negative energy. Place one in each corner of your room, any room, on your desk, wherever. This stone goes with every stone and is a great amplifier for other stones. If you are needing some healing for a broken heart, pair the clear quartz with a rose quartz. It’s a lovely (pardon the pun) combination.

2. Citrine

This is the money or the merchant’s stone . If you are looking to bring about more money for your business or into your life, keep some of these on hand. If you own a store, keep some in the cash register. Carry one in your wallet, your purse, your pocket, anywhere really. This stone, unlike the others, never needs clearing.

3. Rose quartz

The love stone. Not only to be used if you are maybe looking for love, but also if you are need of loving yourself a little more or maintaining loving relationships with family, friends or even co-workers.

4. Hematite

This is a fantastic stone to help with pain and also to help clear negative energy. You may have noticed many people wearing magnetic bracelets with greyish black stones. Those are hematite bracelets and they are very powerful.

5. Turquoise

Not only beautiful but great if you are doing some soul searching. It helps you to find honesty within yourself and get clear on what changes you may need to make in your life. It’s also a great manifesting stone bringing good fortune and abundance to you.

6. Tiger eye.

A great grounding and protection stone. If you are feeling anxiety about an upcoming event or something you have to do or attend, tiger eye will give you confidence and courage. It will also protect you from your own inadequate feelings and inject you with a bit of assuredness.

7. Jade

Definitely a powerhouse stone covering money, love and protection from harm. This stone has long been used to attract love but it also a great money attractor when used with powerful positive intentions and thoughts about money.

8. Garnet

Another powerhouse money stone can also be used for love. This is another great stone for business owners. If you need to attract more business or clients, place 3 garnet stones on your desk or near your phone. It is a great stone to help with your sex drive if you have been feeling less than amorous.

9. Carnelian

This is a great stone for anyone who needs a boost of energy and or courage. It is a great stone to protect against any sort of negativity and harm. Carnelian is a humour and give you the feeling of joy and happiness.

10. Sunstone

The happy stone. If you are feeling low or lonely wear this or carry one in your pocket for pick me up. It is a great energy stone when are feeling tired or have little to no motivation. If you need a boost in your personal power of attraction, then this is the stone to wear or hold.

Crystals Healing

Cleanse your crystal

First things first, we need to cleanse crystals for several reasons. Once you decide on a crystal, it's important to cleanse it of any negative energy it may have picked up from others who handled it before you. There are many ways to clear or cleanse your crystal. When we work with crystals either by ourselves or with others they pick up energy. It doesn't matter whether this is good or bad, positive or negative or anything else. There probably isn't a good and bad anyway!

What do I mean, that there's no evil in the world?

There's an old Chinese story about an Old Man who lives in a village. It's harvest time and the villagers are celebrating the night before they start to harvest their crops. This is a GOOD thing. The Old Man's only son had too much to drink and on his way home, in an inebriated state, falls and breaks his leg. This is a BAD thing. The Old Man cannot harvest his crops and they will rot in the fields. A BAD thing. And he and his family will starve in the

winter. A very BAD thing. The villagers are sympathetic to the Old Man's plight and offer to bring his crops in. This is a GOOD thing. So they all go out into the fields and harvest his crops in one day. They will harvest theirs in the following days. A very GOOD thing. The next morning the village is awakened by the sound of trumpets. A General is raising an army to fight the Enemy and takes all the young men from the village. A BAD thing. Except the Old Man's only son who broke his leg. A GOOD thing. All the young men leave with The General to fight a battle. They loose and all are killed. A very BAD thing. The villagers' crops wither and die in the fields. A BAD thing. And everyone says what a GOOD thing it was that the Old Man's son broke his leg.

Crystals pick up energy, good, bad or indifferent, it doesn't matter. It's just energy that you don't need at this moment.

They also get dusty! Dust sticks with an electrostatic charge. This will affect the crystals' piezo and pyro-electric effects. It will block light reducing the quantity of photons it can focus. So don't let your crystals be dusty.

You can see when a crystal needs cleansing; they loose their sparkle, brightness and even colour. They can also feel sticky in your hand. There is a difference between cleaning and cleansing. It is your intent. The former is

physical and crystals like this too. A little mild detergent in a washing up bowl and a thorough rinse with water will make them sparkle. [Beware of water soluble crystals!] They also like a bit of a tickle with a soft brush – a make up brush is good for this and removes the dust.

Here are some of the many traditional ways of cleansing crystals.

Running water : hold your crystal under running water for a few minutes. It may need longer if it's been working hard or hasn't been cleansed for a long time.

Sunlight: leave your crystal in sunlight. You can also dry your crystals in the sun after washing them. [Beware – quartz crystals, especially crystal balls, will focus the sun's rays and can be a fire risk. Take appropriate precautions.]

Moonlight: especially in the full or new moon.

Incense: the smoke from frankincense, sandalwood and sage (smudge stick) is cleansing.

Rebirth: bury them in the earth, leave for about one or two weeks, or moon cycles. Bury on full moon and unearth on new moon.

Place on large amethyst bed, quartz cluster or inside a geode.

Sound created by chanting, drumming, Tibetan bells or symbols (tingshaw) can clear any unhelpful vibrations.

Breath, Reiki and Light are all cleansing.

Physical cleaning (as above)
With any method intent is the key. You need to be
focused on and aware that you are cleansing your crystals.

Setting your intention, tips, and tricks.

Intention-setting is a powerful exercise to manifest happiness, love, and stability in our lives.

From the food we feed ourselves to the career paths we follow, all decisions start with an intention. Intention-setting is the first step in creating our own destiny, and it can help us sustain a positive outlook as we move toward our goals.

The healing power of crystals can aid in this process. Similar to written lists, crystals serve as visual reminders of the intentions we set, and they can easily be worked into a pre-existing meditation or intention-setting routine.

Be positive and positivity will come to you.

Hold the crystal in your dominant hand and clear your mind of any negative or unwanted thoughts. This may take time at first, but it will get easier with practice. When choosing an intention to set, think of the bigger picture. For example, don’t set the intention: "I want to win a million dollars." Instead, set one like this: "I wish to bring new financial opportunities into my life, along with the courage to follow these opportunities." Still your mind and begin to focus on your crystal and the intention you have chosen for it. Describe your intention aloud, and repeat these words until you feel this energy has connected with your crystal. Your intuition will tell you when your intention is set.

Connect

Each crystal is associated with a specific meaning, energy, and intention. We're drawn to crystals like we are to particular colors and scents, and we're often pulled toward the ones that contain the energy we're subconsciously trying to bring into our lives.

When choosing a crystal to work with, first focus on its color and shape and not its specific healing powers. Your intuition will lead you in the right direction, toward a crystals that will help you manifest what you truly need in your life.

Revisit the energy.

Keep your crystal in your pocket, on your desk, under your pillow, or next to your bed to serve as a constant reminder of the positive intentions you have set. Revisit and reset your intentions weekly to continue on your positive journey. Stay conscious of the energy you are bringing in. Be positive, and positivity will come to you.

Healing with Crystals

In a Crystal Healing Treatment therapist will start by asking how you feel, why you've come to see him, and fill in a consent form with some simple standard information. You may talk a little about life, the universe and anything you like. He'll ask you to lie on the therapy couch. It's quite comfortable and there's no need to remove any clothing. Then he'll start

selecting crystals especially for you and placing them where they need to be on your body. He may work with a crystal pendulum or completely intuitively. He may also have selected some crystals for you before you arrive. Once the crystals have been placed, he will work with other crystal healing techniques to activate the crystals and enhance the treatment. There is the possibility your therapist need to include other therapies such as Reiki, or Traditional Taoist Healing. He may leave you for a short while in a blissful crystal energy bath. At the end of the treatment he'll have a little time to talk and check you are grounded before you leave. Crystal treatments really are a treat!

How does Crystal Healing Work? Crystals have their own unique energies which balance our own. They work on our vital energy system comprised of meridians, chakras and aura. It is through these energy pathways, centres and fields that crystal healing acts.

Crystal Healing promotes change. It is working with crystals to improve your physical and mental health, your emotional wellbeing and your spiritual advancement. Crystals speed things up. They will not do something that you (or your body) cannot do. For example citrine works well for stomach upsets. It does not “cure” the “illness”. It speeds the symptoms. Characteristically, when you have an upset stomach citrine might appear to make it worse for a little while as your body's energy wobbles before finding its healthy balance point again. Then you will feel better and not suffer the normal hours and days of digestive discomfort. Your body is quite capable of dealing with the upset tummy all by itself; it just takes a little longer.

The same principle of speeding a process applies with emotional release and spiritual development or awakening. All crystals will quicken these processes for you and some will accelerate your growth exponentially.

Crystals can help with almost any condition whether it is physical, emotional or spiritual.

Crystals are beautiful both in their appearance and feeling. They’re fun to work with, and have no ill side effects. Even if sometimes their effect can feel uncomfortable as we release thoughts and emotions we don’t want to face but no longer need, they do only good. Crystal healers (therapists) are trained to apply crystals in the most suitable ways for each individual client’s needs.

Chakras and Auras

Chakra is a Sanskrit word that means wheel. Where two or more lines of energy (meridians or nadis) cross within the body a chakra exists. They appear like wheels or swirling balls of energy to those people who see energies – hence the name. These are the centres which control the flow and balance of energy in the body.

Each chakra correlates to specific parts of the body, organs and glands. Most Eastern traditions describe a chakra system consisting of seven centres. These are known as the “major chakras”. At the same time various traditions acknowledge differing large numbers of minor chakras that exist throughout the body. All of these chakras, both the major and the minor ones, can go in and out of balance and alignment and naturally do all the time. Sometimes they go so far out that they take a long time to come back into balance/ alignment by themselves. This is when one needs healing.

It is useful to find the chakras physically on yourself.

To do this place your hand(s), and allow yourself to focus your mind, on the areas identified below. You will recognise a sensation, either in your hands or your body, but whichever, you will notice a difference. Some people identify this “difference” as warmth, coolness or a tingling sensation – it does not matter and there are many other descriptions too.

Root– around the coccyx, the small triangular bone at the base of the spine. The energy here can be felt on the front or back of the body.

Sacral – just below the belly button. Try placing your thumb on your belly button with your palm on your tummy and your sacral chakra will be under the palm of your hand.

Solar plexus – behind the soft cartilage at bottom of breast bone, the point on the upper abdomen just below where the ribs separate.

Heart – heart in the centre of the chest.

Throat – near the bottom in the centre of the throat.

Brow – centre of forehead, above eyebrows (also known as third eye). Crown – top of head.

These are the locations of the seven major chakras. There are many minor ones. Some people say up to 440, but we will only just major seven.

Each chakra enhances certain qualities on all levels – physical, mental, emotional and spiritual. When all the chakras are both balanced and aligned many positive benefits can be felt.

The chakras link to the following concepts:

Root– survival, feelings of good health, abundance, connection to the Earth and moving forward in life.

Sacral – feelings of connection to other people, creativity and energy storage.

Solar plexus – developed and useable personal power, emotional control, the physical centre of the body.

Heart – feelings of safety, ability to trust, take risks, love yourself and Universal Love.

Throat – communication.

Brow – mind, ideas, thoughts, dreams, intuitive and psychic abilities.

Crown – spiritual centre, connection, imagination and awareness.

There is a column of subtle energy that runs through the centre of your physical body. It runs from the crown of the head to the perineum (the area mid-way between the anus and the genitals). This energetic column connects the chakras to each other and allows them to interact. The chakras also interact with your aura (the energy field surrounding your body), allowing a continuous exchange of energy between you and the outside world.

A healthy chakra is a flexible chakra, vibrating, opening, closing, going slightly in and out of balance. Where there is disease, the energy in the chakra becomes inflexible or actually blocked so it doesn't flow. Working with your chakras can correct and even prevent this and therefore aid physical, mental, emotional and spiritual health.

Root Chakra

The first chakra is located at the base of the spine. It is the survival centre, supporting vitality, physical energy and self preservation. In certain traditions it is the place where the resting kundalini is stored. It is the centre through which we experience our connection to the earth and the earth plane. A healthy base chakra will keep you grounded and help you move forward in life.

qualities: Will power, survival, family, safety, security, nurture, focus on necessity, ability to stand up for yourself, feeling at home.

Glands: Suprarenal and gonads

Physical dysfunctions: Chronic lower back pain, varicose veins, sciatica, rectal and anal problems and immune disorders are associated with imbalance in the base chakra.

Colour: Red

Crystals: Red jasper, spinel, haematite, obsidian

Sacral Chakra

The second chakra is located just below the navel. It is the centre of creativity, desire, sexual emotion and sexuality. It stimulates the creative life force which is required for existing in the physical world. Some traditions say that this force is the basis for life itself. This is where we store good healthy energy for future use when needed. There is a difference between fatty tissue, which can be converted to physical energy, and this creative life force.

qualities: Innocence, sex, personal control, creativity, ethics and honour in relationships are all associated with this chakra.

Glands: Lymphatic

Physical dysfunctions: Chronic lower back pain, sciatica, gynaecological problems, disorders around the pelvic girdle, sexual potency and urinary problems may be a result of imbalance.

Colour: Orange

Crystals: Carnelian, calcite (orange)

Solar Plexus Chakra

The third chakra is located at the solar plexus, in the middle of the body below the breast bone. It is the centre of personal power, ambition, desire and emotion. Touch and feelings are processed through the solar plexus chakra, hence the phrase “gut feeling”. It is said that when healthy, this chakra emits a protective cleansing energy dispersing any negative energy stored in any of the other chakras. It is the physical centre of the body, the point of “centring” where we come to stillness.

qualities: Trust, bravery, strength, self-esteem, confidence, self-respect, care for yourself and others, nurturing, responsibility for decisions, sensitivity to criticism and honour.

Glands: Adrenal

Physical dysfunctions: Arthritis, gastric ulcers, colon and intestinal disorders, diabetes, indigestion, eating disorders such as anorexia and bulimia, liver problems, adrenal dysfunction.

Colour: Yellow

Crystals: Citrine, tigers eye, amber, yellow jasper, imperial topaz

Heart Chakra

Located in the centre of the chest, the fourth chakra is the centre of love and compassion. It relates to your connection to everyone and everything around you. Spirituality, in the sense of “oneness with all that is”, is a key concept of love. The heart chakra links all the other chakras with love, resulting, for example, in a bridge between the analytical mind and the feeling heart.

qualities: Love, self-centeredness, commitment, forgiveness, compassion, hope and trust are all balanced in the heart chakra.

Glands: Thymus

Physical dysfunctions: Heart conditions, asthma, some allergies, lung diseases, bronchial pneumonia, upper back and shoulder problems, breast and chest problems.

Colour: Green (Some people assign a secondary colour of pink, but please note that this only ties in with the concept of love and, although important, is not the vibration of the heart chakra.)

Crystals: Emerald, malachite, aventurine, amazonite, bloodstone, peridot, rose quartz, morganite

Throat Chakra

The fifth chakra, located in the middle of the neck above the collar bone, is the centre of communication and creative expression. It not only relates to verbal communication, but also physical (body language) and mental (telepathic) contact.

qualities: Choice and strength of will, personal expression, following one’s dreams, creation, addiction, judgement, faith, knowledge and the capacity to make decisions.

Glands: Thyroid, parathyroid, hypothalamus

Physical dysfunctions: Sore throat, loss of voice, laryngitis, inflammatory disorders of the pharynx, tonsillitis, both over and under active thyroid, mouth ulcers, teeth and gum conditions, headaches and ear infections are related to imbalance in the throat chakra.

Colour: Blue – light, pale and bright blues

Crystals: Blue lace agate, Kyanite, blue chalcedony, chalcanthite

Brow Chakra

The sixth chakra, also known as the third eye, is located in the centre of the forehead above the eyebrows. It is the centre of intuition, intellect, personal magnetism and light. This is where creativity and inspiration combine. Psychic abilities and gifts are also centred here. It facilitates intuition and stimulates wisdom. When healthy and balanced it helps to remove negative and selfish attitudes.

qualities: Honesty, truth, intellectual abilities, feelings of adequacy, openness to new ideas and ideals, ability to learn from experience and intelligence are all promoted by a balanced brow chakra.

Glands: Pineal

Physical dysfunctions: Brain, mind and neurological disorders, eyesight, hearing, spinal problems, learning disabilities and seizures can all be the result of an imbalanced brow chakra.

Colour: Indigo

Crystals: Lapis lazuli, sodalite, azurite

Crown Chakra

Located at the top of the head and also known as the seventh chakra, the crown chakra is the centre of spirituality, enlightenment and dynamic thought. It facilitates the flow of wisdom to you from the universe and connects you to the cosmic consciousness of all that is. When it’s healthy and balanced, it is a source of knowing, helping you to see the truth, illusion, ideals, self-defeating materialistic pursuits and how to balance spirituality in the physical world, self-limiting concepts, pride and vanity. It allows you to detach from your emotions and experience genuine self-awareness.

qualities: The ability to trust life and see the bigger picture is a key quality. Values, ethics, courage, humanitarianism, selflessness, inspiration, spirituality and devotion are all lodged in the crown chakra.

Glands: Pituitary

Physical dysfunctions: Energetic disorders, depression, extreme sensitivity to your environment.

Colour: Violet

Crystals: Amethyst, charoite

quartz and tourmaline crystals can be worked with to balance any chakra

The Human Aura

We hear the word aura, like this person has a good aura, but do we really know what it actually is? And if we know about the aura, is that something important for us?

In February 2013, north Russia was hit by meteorites from outer space. The damage caused the death of many people and the loss of some properties. The potential damage was greatly minimized because of the earth's atmosphere. Like the earth's atmosphere, we humans have our atmosphere which is called the aura. The similarities between the two are obvious: The earth's atmosphere is the shield that protects our planet from foreign objects. Everyday meteoroids enter the Earth's atmosphere. These are pieces of rock that are traveling through space. When they reach the atmosphere, most of them burn up due to the friction of the air. The ones that don't completely burn up reach the surface of the earth in a much smaller form. When they reach the earth we call them meteorites. The atmosphere consists of 5 main layers, and it is 300 miles thick.

The human aura is also like a personal shield to the person. It can protect the person from negative energy. It consists of 7 layers and usually is 2-3 foot thick. Scientists believe that without our planet atmosphere, life on earth would be impossible. Many experts think that without a healthy aura, our emotional life would be intolerable.

The 7 layers of the human Aura

1. The Etheric layer or etheric body

The etheric layer is the first layer of the aura and spans ½ inch to 2 inches from the surface of the skin, outlining the body. This field of energy connects primarily with the first chakra, our organs, glands and meridians, and relates to the condition and health of the physical body.

2. The Emotional layer or emotional body

The second aura layer is called the Emotional Layer and extends two to four inches away from the physical body encircling it in the shape of an oval. This layer is primarily connected to the second chakra, feelings, emotions and experience. It is constantly in a state of change, reflective of our current mood. This layer also stores unsettled emotions such as fear, resentment, and loneliness.

The energies present in the second aura layer will communicate with the first layer, and then process this information into the physical body. Physical tension, muscle cramps and upset stomach could be a result of the etheric (first) layer being bombarded by emotional pain residing in the second aura layer.

3. The Mental layer or mental body

The third aura layer is the Mental Layer. Its extension is four to eight inches from the physical body. This layer is connected to the third chakra, our consciousness, ideas, logical processes, belief systems and intellect. In this layer, thoughts and ideas are rationalized and validated. Mental health and mental issues present themselves in this aura layer.

4. The Astral Bridge layer, astral body, or bridge layer

The fourth layer of the aura is referred to in short as either the Astral Layer or Bridge Layer. It is eight to twelve inches away from the physical

body and connects to the fourth chakra, our sense of love, well-being, expansion and life-balance.

Where the first three layers of the aura reflect our physical nature and presence, the fourth layer is the window to our spiritual nature, separating the first three layers from the outer three aura layers.

5. The Etheric Template layer

The fifth aura layer is the Etheric Template Layer. It is one to two feet away from the physical body. It connects with the fifth chakra, sound, vibration, communication and creativity. Primarily this layer of the aura serves as a carbon copy of the physical body on the spiritual plane.

6. The Celestial Layer or celestial body

The sixth aura layer is called the Celestial Layer. It extends two to three feet away from the body and reflects our subconscious mind. It is where the physical mind comes to connection with the spiritual mind through meditation and devotional practices.

It is connected with the sixth chakra, memories, dreams, spiritual awareness, intuitive knowledge, trust, honesty, and unconditional love. The Celestial Layer holds our experiences of having a connection to something greater than ourselves.

7. The Ketheric Template Layer or sausal layer

The seventh aura layer is known as the Ketheric Template Layer or Causal Layer. It is connected to the seventh chakra, all knowledge and all possibilities. This layer protects and holds all other aura layers together, and contains the blueprint of our spiritual path, reflecting all of the soul’s experiences and events through time.

The Ketheric Layer is the link to “God”, “Creator”, “Source”, or “All That Is” within each individual, and extends three to five feet away from the physical body, depending on our spiritual state.

This means that as we need the atmosphere of the earth, we equally need a healthy aura to be our human atmosphere.

The human aura has become a very well studied subject. This field of knowledge is now interrelated with other topics such as: healing, spiritual enlightenment, health, human energy, color therapy, meditation, yoga, and consciousness.

The aura is particularly related and connected with the concept of energy. The aura and energy are similar in many ways and sometimes it is not easy to differentiate between them. When talking about the human aura, we also need to refer to Chakras and the Meridian system, which are part of the human energy. The aura is in a way a type of energy, and this is why we have positive and negative aura. It is like the chi (for Chinese) and the prana (for Indians) that develops to make a human shield. Because of many factors and influences - both internal and external-, the energy of the person grows and develops until it takes the permanent form of a shield or as it is called the human atmosphere. That shield or atmosphere will determine the personality and energy of the person. Every individual has his/her unique aura. The aura of that person is shaped by many factors. Some people have negative aura while others have positive aura. With our current knowledge and science, we can change our aura if we need to. This subject about the aura, has become a major focus and interest for psychic science today. Studying the nature of the human aura is now conceived as important for knowing different kinds of awareness and consciousness. Some scholars believe that positive aura is the doorway to better enlightenment.

What is the Aura?

The Webster Dictionary defines aura as "a distinctive atmosphere surrounding a given source" "a luminous radiation." You are the "given source" and your aura is "a luminous radiation."

In his book, the Human Aura, Dr. Douglas Baker said that aura is an energy unit made up of very refined matter, and it forms a sort of cloud... interpenetrating our bodies. Dr. Barbara Brennan, on the other hand, described it as "a field of energy that surrounds each of us, is a distilled reflection of everything we think, feel and are." In addition, Joe H. Slate, Ph.D. explained in his book Aura Energy, that aura is the manifestation of the sum and substance of our existence as an endless life force in the universe.

The aura is an electromagnetic energy that surrounds living things such as humans, animals, plants as well as inanimate things such as rocks, and man-made objects. This means the aura is not restricted to us the humans. This definition includes also other objects of the universe such as the earth, the sun, the moon and all planets. When the aura surrounds a planet like the earth, we call it the atmosphere. Whether the aura is for humans or non-humans, it consists of different vibrations or frequencies. This is why we are affected by different energies originating from different sources. Our energy systems as humans are connected with all energies in the universe. It is no secret that when the moon is full, we are influenced by its energy. The sun or even the stars have their subtle effects on all of us.

Any object who has atoms must have an aura. This energy field which can be detected and measured by modern scientific devices can also be called in scientific terms as radiation.

When we talk about the human aura, we refer to the energy field or particles of energy around a living human body which has the shape of an egg. The human aura formulates as a cloud surrounding the body from all sides, a cloud which has an oval shape like a large egg. In psychic language, it is called the halo. The word "Aura" originates from Latin as air, which originally came from Greek word as breeze or breath. It is very interesting to note here that the breath or air is considered by many healers, therapists and energy experts as the main factor or source for energy, human energy! Huna of Hawaii, chi kong of China and Yoga of India, as well as other techniques, all put a lot of emphasis on breathing patterns for generating and using

energy. Dr. Bandler even claims that to model a genius, we have to model his/her breathing pattern.

The human aura as we know it now, consists of 7 layers of energy, each layer has its own color and its own frequency. It is interesting to know that each layer is related to each of the 7 chakras, and each layer color is related to each of the 7 colors of the rainbow!

The aura would look like a field of light, a cloud of light surrounding the person, and this light emits out from this body about 2-3 feet, on average, on all sides. The thickness of this cloud of light can be between 2 inches - 3 feet, depending on how healthy is that aura. Persons with negative or ill aura can have 2 inches aura while healthy persons can enjoy 2-3 feet and more.

We have aura all the time: we walk with it, we sleep with it and we simply live with or by it. We now know that the aura can be influenced by many factors such as: our emotions, physical activity, mental activity and also by sound vibrations. Since it is a form of electromagnetic energy, that means it is also vulnerable to other electromagnetic sources, whether from humans or non-humans. Aura is therefore, a reflection of the electromagnetic picture of a person, showing what the person is actually is. Some experts note that the aura is also the spiritual reflection of a person, showing the nature of his/her personality.

The aura is in short, your hidden self. It is a reflection of your personality, identity and body. This is why there are no two auras alike. In this sense, they are like your fingerprints.

A healthy person has a bigger aura, meaning its thickness is more than one foot, and has brighter colors. A healthy aura can act like a shield against negative auras and negative energies. Positive aura is important for attracting other positive energies in our body. Therefore, aura is sometimes called the "psychic " or "magnetic atmosphere".

The aura of the person is never stable because it is always affected by many influences & factors.

The human aura is both the energy field of the person and in the same time the reflection of energy within the body of that person. It also reflects any disease of that person, long time before the manifestations of its symptoms.

Crystal and protection

How to protect yourself or your loved ones, with the power of crystals

In a nutshell, people look for a crystal that can prevent them from being adversely affected by unwanted and unwelcome energies or influences.

It could be that they want to protect themselves from other peoples' stress, anxiety, anger, or emotional energy.

It's also possible that they want to safeguard themselves and their loved ones against ill wishes, curses, and psychic attacks.

Other times, they just want a crystal that can protect them from jealousy, envy, or fixation, or even spirit attachments, malevolent spirits, and sorcery.

There are also crystals that people use to protect themselves from abuse or manipulation, or even ill fortune and bad luck.

You'll be surprised that there are also crystals that can give you protective energies for your plot of land, your house, your room, and even your pets.

The list of crystals that give protective energies goes on and on. However, not all crystals work the same.

What crystal you work with depends on what's affecting you at the moment, and what kind of protection you need.

This has to do with the crystal's frequency. You want to wear, carry, or work with a crystal that's tuned in to the energy frequency which can protect you from a specific vibration of hurt or harm.

For instance, if you're someone who's very sensitive to the emotional energies of other people to the point that you internalize and feel them yourself, there's not one specific crystal that will numb you to other people's emotional energies.

However, you can work with a crystal that will prevent you from absorbing them.

If you feel like someone wishes you harm, the best defense is to work with a crystal that will alter your energy so that the bad energies cannot find their target.

Other crystals are good for blocking or cloaking.

Some are good at protecting you from being swayed by manipulation, while others are good at shifting or altering the energies around you so that they're rendered neutral or harmless.

Smoky quartz is the Best Crystal for Protection

Smoky quartz crystals are some of the most effective and most powerful grounding and anchoring crystals around.

They are very protective crystals that everyone should keep within their personal auric fields at all times.

If you are a spiritual worker, you should take advantage of this crystal's ability to provide psychic protection. It protects you from negativity and transmutes this negative energy so that you can benefit from it.

Smoky quartz grounds negative energies back into the earth.

If you are on a spiritual journey and working on developing your psychic or metaphysical abilities, you definitely need a crystal like the Smoky quartz to ground you back to health.

This crystal can solve that problem, and it can bring you back to earth really quickly.

Smoky quartz absorbs a great amount of negativity from various sources, which makes it a very good crystal to use for protection on a psychic level.

If you feel sad or angry, pick up a Smoky quartz and you will feel lighter, brighter, and calmer.

It's recommended that you cleanse your crystals regularly to get rid of residual negative energies. Thankfully, cleaning Smoky quartz is very easy!

The best combination to use with Smoky quartz to help with protection

Black Tourmaline

Black Tourmaline dispels low and harmful energies. If there's one crystal that you should use with Smoky quartz for all-around protection, Black Tourmaline would be an excellent choice.

It creates something like an electrical force field around your aura so that lower vibrations and psychic junk will just bounce off you.

It's one of the most recommended crystals for protection, and it works well with Smoky quartz. It's very good at protecting you from negative energies that are powerfully and willfully sent your way.

Jet Stone

Jet Stone clears any internalized emotional energies. It absorbs energies more than it emits them. When you get affected by someone else's emotions, Jet Stone will draw them out of your system.

It needs to be cleansed regularly, sometimes several times a day if you're using it heavily.

Labradorite

Labradorite shields you against psychic attacks, ill wishes, and fixations.

Psychic attacks take on many forms. When people hate on you, gossip about you, wish for your ruin, or throw hurtful words at you, you are the subject of a psychic attack, and you need this stone ASAP.

Labradorite also helps you when there are people who are extremely fixated on you as a romantic potential, but you don't feel the same way.

Wear Labradorite to place a protective shield or armor over your heart chakra.

Vera Cruz Amethyst

Vera Cruz Amethyst properties and powers, protects you from people who want something from you, which you don't want to give, and from people who are sucking on your energy to fill their own void, lack, or need.

It keeps you safe while you ride out other people's pains.

Fluorite

Fluorite shrouds your energy signature to keep the negative psychic attacks, curses, and sorcery away.

Believe it or not, there are people out there who will resort to black magic just to inflict the worst possible harm on someone.

Black magic is real, and it can be used on even the best people. Fluorite cloaks your aura and takes you off the radar. Poisoned arrows being sent your way simply miss their target when you have Fluorite on you.

Blue Kyanite

Blue Kyanite keeps people from messing with your head. It's a really helpful crystal that works well with Smoky quartz, especially if you're the subject of lying, bullying, coercion, or manipulation.

It helps you keep your levelheadedness, and it prevents you from becoming overly worried or anxious. It also gets rid of your self-doubt.

Blue Kyanite stops you from second-guessing yourself and encourages you to read between the lines. It's a powerful stone that also protects you from being brainwashed.

Black Obsidian

Black Obsidian protects you from fixation, sorcery, and ill fortune. It matches the frequency of banishment, which is why it's such a powerful crystal for breaking curses, spirit attachments, and hexes.

If you feel like there's a black cloud following you wherever you go, or if you feel like your entire being is veiled in dark energy, or you have a strong feeling that someone's cursing you, it's best to wear Black Obsidian 24/7 until such time that the threat is banished.

Just like Mahogany Obsidian, Black Obsidian is a powerful healer because it helps you become aware of your shadow aspects, which can be contributing to your current situation.

Apache Tear

Apache Tear transmutes negative energies. It's a stone that's often used in healing your trauma, sorrow, or grief.

It slowly but steadily converts the energies of those emotions and experiences into healing energies for your body, heart, mind, and soul. It's a great crystal for healers, or anyone who feels like they are regularly exposed to negative vibrations.

Staurolite

Staurolite protects you from unwanted spirits and attachments. It protects you from unwelcome or negative influences. It also helps connect you with the other realms.

Spirit quartz

Reduces your fears, boosts your natural defenses, and strengthens your connections with house and land spirits.

Main strength is that it dampens the effect of fear on you. It does not make it completely go away, but it relieves you of the influences of your fears.

This is important because when you relinquish your power to your fear, you are also giving power to the cause.

Fear has a debilitating effect on your psyche and your defenses. If you let your fear affect you, you also open the door to whatever wants to harm or hurt you.

Wearing it with Smoky quartz helps you to shut that door and hold on to your power.

Fire Agate

Fire Agate has a powerful energy that sharpens your desire to act courageously when you're not sure what the best course to take is.

It helps you feel grounded and more physically aware, and it kindles the fire in your spirit. It has a protective energy that's also soothing and calming.

It brings feelings of security and safety, and it's known to create a powerful shield around your body. It also gives you psychic protection.

Fire Agate is unique because it sends negative energies back to where they came from. It also reduces your fears so that you don't feel crippled by them.

It has a calming energy that makes you feel protected, which is why it's beneficial to keep a piece of this stone with you at all times.

Amethyst

Amethyst is a powerful and protective crystal with a high spiritual vibration that can guard you against psychic attacks. It dispels anxiety, fear, and anger, as well as feelings of vulnerability, weakness, and danger.

Important tips to boost protection with crystals

Crystals for protection are only one way to use crystal energy in your life. Everybody has a need for protection, and you must accept that there are negative influences present all around you that have the capability to bring harm to yourself, your loved ones, your home, your business, your happiness, your quality of life, and your personal sense of security.

Because of the world you live in, you need protection from negative influences, like psychic attacks, physical danger, empathic reception, oversensitivity, disease, emotional distress, and many others.

1) When you want to protect your home, use four small quartz crystals approximately of equal size.

Cleanse the crystals and program them to release their protective energies in and around your home.

Place them in the four corners of your property with the faceted points facing up. Put them preferably somewhere they will not be disturbed or removed accidentally.

2) To protect yourself, you can program and use one or more of your protection crystals on your body as jewelry or as tumbled stones.

3) To protect yourself while travelling, place your protection crystals inside your car.

Place a small crystal cluster in the console of your car securely to stop it from rolling around.

Before getting into your car, or if your car is parked outside on the street, picture a white protective light emanating from your crystal and surrounding your car.

4) Place a piece of protection crystal on your office desk or workspace to protect yourself from your computer or your gadget’s electromagnetic waves.

5) In healing grids or crystal body layouts, doing a crystal layout of slow-release, with your protection crystals pointing away from your body, can

prevent a healing crisis.

Also, protection crystals are excellent crystals to place on your solar plexus chakra because of their balancing and grounding energy. When you have them on your body, you enjoy a stronger and more stable energy.

An important thing to note is that it’s a must to wear protective crystals whenever and wherever. You never know when someone or something is already doing damage to your body, mind, or spirit.

You can wear them on you every day, or you can put them somewhere you spend a lot of time in. Knowing that you have crystals for protection with you will help you sleep better at night and function better during the day!

Can you get crystals for protection as a necklace?

A necklace serves many purposes. They are a form of art and personal expression that can be worn to accent an outfit or suit a functional purpose.

Necklaces have also been used for protective purposes in many cultures all throughout history.

Some well-known examples are talismans and pendants made of natural stones, crystals, and beads.

There are many possibilities, and you can find a piece of protective necklace that can truly reflect your unique style.

Crystals for protection can be made into shaped pendants. Crystal points can be wrapped in wire and strung together with other stones on necklaces.

Every crystal for protection has its own unique properties, making them an ideal choice for personal customization.

Perhaps you want a crystal that repels negative energy. Maybe you need one that protects you from energy vampires and brings you clarity of thought.

Protective gemstone necklaces are a great way to keep your energies clear and balanced all throughout the day.

They also remind you to be mindful of where you direct your energies and how you let other people’s energies affect you.

They can help you set healthy boundaries in your life and remind you to respect your own limits.

Arm yourself with a crystal necklace for protection for security and peace of mind no matter where you are.

These necklaces help create an armor of protection around your body to guard you against harmful energies.

By helping you release negative emotions like anxiety, anger, stress, and depression, all traces of darkness in your life can give way to a glimmer of light.

Wearing protective crystal necklaces can deflect and disperse any negative energy that is being directed at you.

There are some crystals that work to activate the protective properties of other crystals and amplify them, boosting their overall protective powers.

Other crystals connect you with the energies of the earth. This helps in absorbing the negative vibrations in your body by returning them back to the earth.

Sometimes you will go through a rough patch in your life and you will be overwhelmed by negative emotions despite your attempts to stay optimistic.

Wearing a protective crystal necklace will help you get past this challenging period and keep you feeling positive.

Wearing it will keep you safe from other people’s bad intentions and strengthen your instincts when something or someone is not to be trusted.

How much are protection necklaces worth?

There are many choices available for you for your very own protection necklace that will suit any style and budget.

Smoky quartz is a powerful protection crystal that can keep you safe both on a physical and psychical level.

You can easily purchase a Smoky quartz necklace with a slab, tumbled stone, or point pendant for $25 to $50.

Wearing this necklace will keep negative energies away and remove the negative energies that are already in your environment.

It will also transform harmful energies into light and positive energies. Wearing a Smoky quartz necklace will allow you to benefit from its high level of energy.

Black Tourmaline is also known for its potent protective powers. Wearing it as a necklace will also guard you from negative energy and psychic attacks.

It will alleviate your anxieties and boost your self-confidence as well. You can buy a Black Tourmaline necklace for just $20.

Jet Stone is another protective stone that draws out negative energies and releases your negative emotions.

It’s also a very effective stone in battling stress, anxiety, depression, anger, grief, and fear. A Jet Stone protective necklace is very affordable, and you can get yourself one for just $8.

Labradorite as a protective stone will bring harmony between positive and negative energies. This stone will help you see the light when you’re going through some very dark times in your life.

You can purchase a piece of this stone and wear it as a necklace. A Labradorite necklace can be purchased for just $40.

Fluorite is a highly protective stone that will absorb and neutralize all negative energies that will penetrate your energy field.

It will also help you better manage your stress, anxieties, and many other negative feelings.

Consider Fluorite as a vacuum cleaner that will suck all the bad vibrations from your body, mind, and spirit.

It’s one of the best crystals to wear for protection as well as attracting positive energy.

A Fluorite protective necklace will also amplify and magnify the properties of other stones and crystals that it touches.

You can buy a Fluorite necklace for anywhere between $20 to $80.

Black Obsidian is also a very powerful protective stone. It will infuse you with energies of bravery, confidence, and wisdom so that you can handle all the challenges that will come your way.

When you use Black Obsidian on a daily basis, you will be kept safe from any kind of harm or danger.

It will surround you with warm and protective energies that will make you feel secure wherever you are and whoever you’re with.

A Black Obsidian protection necklace can be yours for a very affordable price of $25.

Apache Tear is also a very good protection stone. Not only can it relieve your sadness and grief, it can also protect you from people who want to prey on your sensitive emotions.

It can help you release the negative feelings and be open to forgiveness and acceptance. It can also help balance your emotional state so that you are not vulnerable to different external forces.

An Apache Tear protection necklace can be yours for approximately $25.

Store and care for your crystals

If you collect gemstones for a personal collection or use crystals for their believed healing properties, you can easily store them on your person, throughout your home, or for traveling. Carry a few in your pocket, place them in a velvet pouch, or arrange them on your altar. Choose a display case if you have specimens you want to show off, or use drawers if you need a lot of space. With some attention to detail and organization, you can easily store your crystals.

Deciding how to organize your crystals

- **Sort your crystals based on if they are tumbled, raw, or fragile**. An easy and efficient way to separate your crystals is by their finishing method. Some crystals have a shiny, smooth outside, and they go through a polishing process to tumble them. Raw crystals refer to stones that are not tumbled and still look as if they came out of the ground. Separate your crystals based on these categories before you place them in your storage solution. In addition, some crystals such as Selenite or Labradorite are really sensitive and can break easily. For instance, you can place all of your tumbled stones in a box and put your raw specimens on a bookshelf.

- **Group crystals based on color or chakra to work with a certain energy.** If you collect crystals to use for their healing potential, you may find it helpful to group your crystals by color. Make a pile for any red, orange, yellow, green, blue, purple, clear/white, and black crystals. This way, you can easily pick out a perfect stone to use during your healing session. For example, if you want to feel more grounded and secure, select a piece of garnet to use while you're meditating. To increase clarity and focus, pick a piece of quartz to keep on your body throughout the day.

- **Organize your crystals based on type and or size for uniform options.** If you have a few favorite types of crystals and have several in your collection, it may work best for you to sort your collection based on individual crystal type. You can also arrange your crystals based on size. Put the large crystals toward the back, and place the small ones along the front. For instance, do this if you have a lot of amethyst, tourmaline, or smoky quartz.

- **Carry stones in your pocket or in your purse to keep them with you.** To admire or work with your crystals throughout the day, place 1-3 tumbled stones in your pocket or in a secure part of your purse. This way, they are close by and you can use them as you wish. You can also place the crystals on your desk when you get to work or school, for instance.

- **Adorn your altar with crystals to create a sacred space.** If you work with healing crystals, set up self-care space in a private spot in your home. This can be a small end table or desk adorned with sacred or spiritual items, such as candles, incense, crystals, and tarot cards. Place 3-10 or so crystals you work with regularly on your altar space so you can easily access them. For example, use a tabletop shrine to store some of your crystals or simply place them side by side.

- **Place a few crystals along your windowsill so they can charge.** If you use crystals for healing, you want to cleanse and charge them once or twice a month. A great way to do this is to arrange some of your crystals along a windowsill 1-3 days before the next full moon cycle. Leave the crystals on the windowsill for 1-3 days after the full moon so they can absorb as much energy as possible. This is a great short-term storage method.

- **Store stones by your bedside table to keep them nearby.** Some crystal healers believe that keeping stones near you when you sleep can help in the healing process. Place some of your favorites on your bedside table, such as onyx to repel negative energy, rose quartz to promote self-love, and amethyst to increase psychic abilities. Display 1-5 or so crystals on your end table.

- **Keep your crystals in a bag or pouch if you are traveling.** If you are going on vacation or traveling for work, consider bringing a few of your favorite crystals with you. They may provide a grounding or soothing presence on your trip. To keep your crystals safe, place 5-15 or so in a velvet pouch. Tie the pouch at the top so your crystals don’t fall out. Bring small- or medium-sized tumbled stones or raw specimens with you rather than large stones or tabletop displays.

- **Wrap fragile crystals in a silk scarf or tissue paper to keep them safe.** If you have any crystals that can easily scratch, such as fluorite, opal, calcite, hematite, or amethyst, wrap each stone in a piece of tissue paper, bubble wrap, or silk before you place it in the

pouch. This way, the stones do not get scratched or damaged. If you are unsure if a crystal is fragile or not, wrap it just in case. This way, they will stay in great shape no matter what.

Arranging crystals around your home

- **Place your crystals on a bookshelf for an easy and convenient option.** If you just started collecting crystals and want a neat and attractive way to store them, designate a shelf on your bookcase. Clear the shelves of books, dust, or debris, and place your crystals along the shelf based on your organizational method. You can organize the crystals based on color, size, type, or finish.

- **Put your crystals in a display case to show off your favorite treasures.** A display case is a great idea if you have quite the number of crystals and want to showcase some of your favorites. Place the display case in your living room, bedroom, or basement. Fill each shelf in your display case with crystals, based on your organizational method. This way, you can easily see and access your collection. To get rid of dust or debris, wipe down the shelves and doors with a glass cleaner.

- **Choose a box to store your crystals if you don't have much room.** Keep stones that you don't use daily inside chests or boxes for an effective storage method. Pick a wooden or stone box that speaks to you, such as an antique chest or carved detailed piece. Place several stones into the box, based on its overall size. Use a large box to keep a collection of crystals, and place this on a desk or shelf for instance. Or, pick a small box to house a few stones near your bed or desk.

- **Select a chest with drawers to keep your crystals safe and organized.** You can pick a chest in all sorts of shapes, sizes, and styles. If you have a large collection, consider getting a large unit to house them. If you have a small crystal collection, you can use a tabletop chest. Line the bottom of the drawer with cotton to protect the stones from moving. Then, place the crystals into each section.

For extra protection, place your crystals in jewelry boxes so they are separate and neat.

Warnings: Some crystals are sensitive to sunlight and can lose their color or saturation if exposed for long periods of time.

Conclusion

Throughout history man has used the power of crystals. Most ancient cultures have held crystals as sacred objects and have used them in ceremony, for meditation, to clarify thoughts and to help with healing. Today crystals are integrated into our modern technologies, they are used in communications, computers, medical and laser technologies, yet they retain their appeal as magical talismans.

They are naturally formed by geological processes and are located all over the world in a diverse range of environments. The crystals you see today grew from minerals subjected to intense heat and pressure millions of years ago or as a result of sedimentary action over millennia.

Most of the crystals you know about today came from the earth; however some have arrived here from the heavens or space. These are known as tektites and meteorites.

The end.

Chakra for beginners

The ultimate guide to balancing, healing and unblocking your chakras, while gaining health and positive energy.

Healeanor Crystal

Introduction

W**hat Are Chakras?** The word chakra is derived from the Sanskrit word cakra, meaning “wheel.” It was first mentioned in the Vedas, ancient Hindu texts that date to around 1,500 BCE. Chakras regulate your body energy levels, and how energy moves throughout.

You are already familiar with your physical body. You know how it feels to flex or extend an area of your body; that your muscles are attached to your bones; that your nerves signal to your limbs, torso, and head; and that what you eat and drink affects your health. In these ways, you can already see how aspects of your physical being are connected to each other, and how your perceptions through touch, smell, taste, sight, and hearing inform each other, creating your life experiences. However, your physical body is not the only body you have. Whether you’re studying chakras or quantum physics, you come to learn that everything is energy, with its own vibrational frequency. From the most basic atoms that create our cells, organs, bones, muscles, and bodily systems to the most expansive planet in the solar system, everything is made up of energy. And that energy has many names: qi, ki, chi, prana, mana, Odic force, bioplasm, and life force energy, among many others. The energy body is the human energy field that extends beyond the physical body. Much as your physical body consists of many layers—your nervous system, musculature, and skeletal system— with intricate, overlapping functions, your energy body also consists of many interacting layers. Like your physical body, each layer serves a specific purpose and the layers work collectively as one. Together, the layers of your energy body are called your aura. Your aura interacts with your physical body as well as your energy centers, or chakras.

Brief History

Throughout history, many cultures—including the Egyptians, Hindus, Chinese, Sufis, Zarathustrians, Greeks, Native Americans, Incas, and the Maya, among others—have all known these energy centers, or the chakra system, to be a reflection of the natural law that exists within the universe and an intertwined counterpart to our physical selves.

Chakras are energy vortexes that exist within each of us. These energy vortexes transport energy from the universe around you into your aura and body, as well as between the physical body and the layers of your aura. You can think of your chakra system as similar to a spiritual bloodstream. Blood carries oxygen, nutrients, and hormones throughout the body; helps regulate and balance the body; and protects the body by removing waste products and clotting when the body is harmed. Much in the same way your bloodstream connects and supports your many other physical bodily systems, your chakra system connects and supports your physical self and your energy self. All living things—humans, animals, plants, trees, even the Earth— have a chakra system, a living system of energy vortexes, that exists within them. The chakra system originated in India between 1500 and 500 BC in the oldest text called the Vedas. Evidence of chakras, spelled cakra, is also found in the Shri Jabala Darshana Upanishad, the Cudamini Upanishad, the Yoga-Shikka Upanishad and the Shandilya Upanishad. According to the scholar Anodea Judith in her book the Wheels of Life, knowledge of the chakra system was passed down through an oral tradition by the Indo-Eurpoean people, also called the Aryan people. It was traditionally an Eastern philosophy until New Age authors, like Anodea Judith, resonated with the idea and wrote about the chakras.

There are seven major chakras in the body, as well as several minor ones. Each one is associated with specific organs and glands, physical functions and dysfunctions, and emotional, mental, and spiritual issues. We'll get into more specifics about each later in this chapter. When we get in touch with the energy within our chakras, we connect with ourselves more fully, and learn how to heal ourselves on all levels, creating true holistic healing. This

is why mindfulness-based practices, such as meditation, help connect the mind with body and spirit, why certain physical activities can help clear your head and feel more centered, and why cultivating your spirit heals your mind and body. It is all connected.

Seven Main Chakras

1) Your Root chakra is an energy center located at your tailbone. The root chakra represents your connection to the Earth, your tribe or family, and survival issues.

2) The Sacral chakra is between your hips, a couple inches below your navel. The Sacral chakra represents creativity, manifestation, sexuality, and emotional connection to others.

3) The Solar chakra is located in the center of your torso, about six inches below your heart.

4) Your Heart chakra is located in the center of your chest. The heart chakra represents unconditional love, nurturing, and compassion.

5) Next is the Throat chakra. The throat chakra represents communication, expression of feelings, your ability to effectively convey the meaning of your words.

6) The Third eye is located low on the forehead, a little above your eyebrows. The Third eye represents insight, intuition, wisdom, intelligence, and psychic development

7) The last primary energy center, the Crown chakra, is located a couple inches above the top of your head. The Crown chakra represents spirituality and connectedness to all things.

If a chakra is out of balance, your health in that area will be out balance. For instance, if your heart chakra is overactive, you will try to fall in love without healthy boundaries. If your heart chakra is underactive, you will be unable to love yourself or feel love for others. I think of it as an energetic way of looking at overall health and well-being. It's incredibly consistent, in my opinion. An understanding of the chakra system makes it much easier to deduce where your imbalances may be. If you have heart disease, you probably have an imbalance in your heart chakra. If you have poor eyesight, it's likely an imbalance in your third eye. As a nutritionist and an energy worker, I have oftentimes been able to help people heal themselves through awareness of the 7 chakra system.

As with all bodily systems; cardiovascular system, immune system, etc., all of these 7 chakras interact with one another, like wheels. The balance of one affects the balance of the others. They're all connected, a part of the whole.

ROOT CHAKRA - MULADHARA

This chakra is the first of the seven major chakras (or energy vortices) which play such a key role in the energetic functioning of the body. It is situated at the base of the spine in the perineal area, and is also known as the root chakra, or by its Sanskrit name 'Muladhara'.

The root chakra is all about being grounded, feeling secure that your basic needs are being met, and feeling connected to your family and tribal consciousness in healthy ways. This first chakra is strongly linked with physical survival, and maintaining a sense of stability and security.

It is associated with the colour red, and is symbolised by a four-petalled lotus flower. In a balanced state, this chakra promotes a sense of groundedness, as well as a strong sense of individuality. It is also linked with security-related issues such as financial prosperity.

If its healthy balance is disturbed, this may manifest as feelings of insecurity or even fear, a dulled survival instinct, as well as anger and physical problems such as back pain, knee trouble and issues with the lower digestive system.

Identifying Blocked Root Charka and symptoms

You can tell if your root chakra is closed if

- You feel you have to survive life and are constantly getting by or going without
- You often feel stuck and sluggish
- You experience unrelenting stress because of a belief that you must rely on external circumstances

- You feel you have been abandoned by your parents
- You may have persistant financial problems and find yourself in a less-than-ideal career
- You hate your body and feel you are not good enough the way you are.

You don't think you have enough money:

While a blocked root chakra is very common for those suffering from extreme financial crisis, most people who are extremely rich also suffer from this problem. That's why they evade taxes, squirrel away their money behind shell companies, and stress out over not having enough villas and Ferraris.

You are a shopaholic:

Whether you like cars or perfumes, if you own one too many things and can't stop yourself from buying more, it's a clear sign you are trying to plug your insecurities with superficial possessions.

You have anger issues:

If you have a habit of lashing out at people, stonewalling them, or holding onto bitter grudges, it's because you felt the situation shouldn't have happened the way it did and the person who wronged you shouldn't have behaved in such a manner.

And frankly, that's laughable. Why? Because we have zero control over people and life. Nevertheless, if you persist in trying to control people and your surroundings, it's a big sign that you are unstable and insecure on the inside.

Physical Symptoms Include:

Lethargy, cold hands and feet, Lower back pain, Constipation, Knee issues, Bone issues, Kidney stones, Feet issues, Urinary issues, Colon issues, Leg issues, any issues from the base of your spine and down.

Emotional Symptoms Include:

Eating disorders, Inability to focus or sit still, Lacking energy, Feeling ungrounded and floating high, Craving comfort foods, Fear of job instability,

Desire to be outside more, Drawn to the color red, Not feeling secure in life, Co-dependency, Lack of focus.

The root chakra is located at the base of your spine, or tailbone. The root chakra belongs to the realm of the physical. If you feel grounded, secure, and rooted in the present, this chakra needs little attention. However, many are not so blessed. A blocked root chakra may lead you to grasp at the physical, becoming clingy and overly possessive. An imbalance in the root chakra can also lead to anxiety disorders, fears and nightmares. Conversely, if you're too open here you may feel estranged from your body and possessions. As a result, your generosity may be taken advantage of.

Balancing your root chakra

1. Get on your yoga mat. Many yoga postures are designed to cleanse this chakra. My favorite is tree pose. You can use your ‘seeing red’ visualization as you firmly plant your entire left foot onto your mat and bring your right foot up into tree pose. Keep your hip points squarely ahead and your toes tucked in as you place your foot anywhere on your leg besides your knee. Be creative and make your tree pose your own. Place your right leg into half lotus or engage your core and reach your arms overhead, keeping the base of your neck soft and your elbows straight as you rotate the pinky side of your hands in to engage your triceps. Most importantly, feel supported and connected to the earth as you hold your tree pose for 5 to 8 breaths before switching sides.
2. See red. Seriously—envisioning the color red glowing brightly at the base of the spine, where this chakra is located, is the beginning of root chakra cleansing and balancing. Start with the simple meditation of imaging a bright red light at the base of your tailbone. Picture this red light extending down your legs and feet, grounding you to the earth.
3. Take a shower. This is such a wonderful root chakra cleanser. We are physical animals in addition to being intelligent, thoughtful human beings. Embrace and love your physicality by being completely present as you bathe. Mindfully moving is a powerful form of meditation.
4. Get a pedicure. I had to throw this one in. My grandfather had a friend that was known for saying, “you can always tell how well a person takes care of themselves by how they take care of their feet.” This might be a little bit of an exaggeration, but loving your feet and taking the time to pamper your physical body are great ways to also care for your root chakra energy.
5. Zen out on a walk. Take this idea of mindfully moving on your walk with you. Concentrate on your foot leaving the ground and connecting to the earth again with each step. You’ll give your mind a break and cleanse your root chakra at the same time.

6. Toning: Using the sound LAM, or use Do from the “Do, Re, Mi” scale

The Root Chakra is the foundation of your energetic ‘house’. It draws energy from the Earth to nourish and energize your body. When the Root is compromised, the energy flow to the other chakras may be impacted as well. It is therefore essential to build a strong foundation to overall stability and health.

Healing your root chakra

Basically, each chakra has a diverse benefits for your bodily and emotional well-being. Preferably, you'll develop techniques for all of the chakras at some point, but it's wise to start with the foundational one. Learning how to open the root chakra, in particular, is fairly straightforward, but it can have profound impacts on how you feel. You can improve your self-confidence, feel more ready to face your feels, experience a deeper sense of relaxation, and feel more engaged in fun or playful interactions. The basic sense of stability that you cultivate will permeate all aspects of your life.

These are some techniques for unblocking the root chakra, offering concrete advice for integrating each exercise into your daily life.

Root Chakra Meditation And Yoga Techniques:

When it comes to overall healing, root chakra meditations can also help you. Chakra meditation techniques are very much like regular meditation techniques, but with a focus on one specific area of the body.

Sit with your shoulders back and your spine straight. Try to relax all your muscles as you close your eyes and breathe deeply. Inhale through the nose, pulling the breath as far down into your body as you can, and exhale through the mouth.

Turn your attention to the location of the root chakra, right below your tailbone. Notice any tightness in the area.

Since the root chakra's element is red, try picturing a red glow at the base of your spine. This glow will slowly expand, making the whole area warm and relaxed. Rest in this sensation for 3-5 minutes.

When you're ready, slowly open your eyes. Sit for a few minutes before continuing with your day.

Some yoga poses are also linked to your root chakra's functionality. For example, root chakra yoga poses include Balasana, which involves lying face down, resting on your knees and calves, then extending your arms out in front of you as your head drops down between them.

Chakra Foods List And Diet Suggestions:

Other chakra exercises involve making small changes to your diet. Experts on rebalancing and opening the chakras are increasingly interested

in the impact food can have on your alignment and vibration. Firstly, you'll typically find that a healthy diet helps to keep your chakras open. This means reducing levels of salt, sugar and saturated fats, and increasing your intake of fruits and vegetables.

However, there are also specific foods that are linked to the root chakra. Anything organic is an excellent option because the root chakra is opened by anything connected to our tribal roots. In addition:

Protein-rich foods help to ground you and give you physical strength, which then helps to boost emotional strength. Good examples include beans, tofu, green peas, spinach, and almonds.

Red foods automatically influence your root chakra because of its association with the color red. These foods usually give you lots of vitamin C, as a bonus. Think of strawberries, cherries, tomatoes and red bell peppers.

Root vegetables like beets, garlic, and potatoes are all grounding too, partly because they grow in the soil. This link to the earth foundations means they can also help to rebalance a misaligned chakra.

Root Chakra Affirmations To Use:

Finally, targeted affirmations are incredibly useful for root chakra healing. As with all affirmations, you can repeat these positive statements multiple times a day, or anytime you get a sense your chakra might be blocked. In particular, you might want to try saying one or more of these root chakra affirmations right before or after you meditate, or when you get ready for the day ahead.

- "Wherever I am, I am safe and secure."
- "I am stable, grounded and relaxed in this moment."
- "All of my safety needs will always be met."
- "I have a healthy body, a healthy mind, and an abundant life."
- "I am anchored to the earth and supported by the universe."
- "The universe will always support me and show me where to go next."

- “I deserve and receive support whenever I need it.”
- “The universe will always provide for me.”
- “I feel my root chakra opening, and I feel myself stabilizing.”
- “I am secure and happy in my home.”

You can also combine affirmations with yoga poses, or try holding one of your root chakra stones while saying an affirmation. Some people also like to write their affirmations down, placing them in a prominent place as they continue daily chakra work.

Jewelry and stone for chakra

Influencing chakras often involves using unique stones, sometimes in the form of jewelry. By simply wearing or holding these stones, you may be able to realign or begin to unblock a troubled chakra. However, each chakra is associated with different stone. Colors and gems can help bring a chakra into balance. The root chakra's color is red. Gemstones for the first chakra include garnet, red jasper, black tourmaline, obsidian, and bloodstone. You can place the gemstone on the area of the chakra while lying down to help open and align it.

Red Jasper. The root chakra's associated color is red, so it's no surprise that many of the root chakra stones are red as we. This one is linked to balancing, so it's an ideal stone to have if you are battling erratic mood swings.

Red Carnelian. A pale red stone with orange hues, red carnelian is associated with strength, cleansing, and bravery. It is a good choice if you particularly struggle with fearfulness and can't bring yourself to leave your comfort zone.

Obsidian. A black gemstone, obsidian is said to protect you from harm. You may draw some comfort from wearing it as you work to move to a place of greater security in your life.

Bloodstone. The stone itself is green. The name refers to its red spots. This semi-precious stone is linked to pushing away negative energy and increasing confidence. A perfect stone for combatting significant root chakra blocks.

Black Tourmaline — Black — Semi-precious — Used for spiritual grounding, this stone is good for cleansing and balancing.

For thousands of years, light workers and energy healers have used specific stones to calm and focus the mind, reduce stress, and foster health and vitality.

Lifestyle and diet consideration

- Eat root vegetables, which will help ground you.
- Take some time to do activities where your bare feet are planted into the earth, soil, or sand.
- Spend some time in nature.
- Make pottery (this will help your sacral plexus chakra, too).
- Stomp your feet to connect with the earth or ground (even if you're in a building).

Mantra for root chakra

Chanting or toning sounds can also help bring you back to balance just like music brings people together. Sounds create vibrations in the body, and these vibrations help the cells work together in synchronistic harmony. The mantra sound that corresponds to the root chakra is LAM.

SACRAL CHAKRA -SVADHISHTHANA

This Chakra is the second chakra and is located below the belly button in the lower abdomen, and its color is orange.

The color orange is associated with vitality, endurance, creativity, enthusiasm and joy. It symbolizes energy, warmth, and the sun. But orange is a little less intensity or aggression than red as it is softened by the inclusion of yellow.

Organs associated with this are the uterus, ovaries, testes, large bowel, prostate and circulation. If you suffer from pre-menstrual tension, ovarian cysts, irritable bowel syndrome, endometriosis, low back pain, pancreatic or testicular diseases then this is the chakra you need to work on.

It also represents the aspect of self-acceptance, allowing ourselves to be who we really are, self-respect and from this flows respect for others. Self-acceptance is accepting and loving ourselves as we are now. We may have things we want to change but while they are part of us we need to learn to love and accept them. It is only as we learn to totally accept ourselves that we are then able to accept others.

This is our relationship center and determines how well we are able to equally give and receive. It is the center of our passion for life.

This center is also responsible for duality. When opposites within us and our emotions balance each other, the relationship is healthy, and we are but, when there are extremes of either polarity then problems can occur. In it's extreme this is Bipolar disorder. It is also when this center is unbalanced that our thoughts and feelings can lead to depression, additions and anorexia or bulimia.

The Sanskrit name for this one is Svadisthana, which translates as "sacred home of the self." I love this as we so often forget that we are sacred and we need to honor ourselves and this is the center where we do this. In females this rotates clockwise and for men, anticlockwise. This energy center is about going with the flow, accepting things as they are, just being and being in the moment.

The color of this chakra speaks to me of sunrise and sunset. Most people when they stop to observe these, let go of everything and are just 'in the

moment'. It also speaks of hope, hope for what the new day will bring or the hope of tomorrow. This energy vortex is where our poetic skills come from.

Identifying blocked Sacral chakra and symptoms

- You experience difficulty allowing yourself to become emotionally and sexually intimate
- You believe sex is bad and that it can hurt you, or your feel you have to be sexy to be loved
- You feel abused, hurt, and confused and don't trust that you can be loved for being you
- You struggle with a healthy self-image
- You move from one relationship to another, desperately trying to find "the one" yet lacking the sense that you are worthy of love.
- feeling unemotional
- feeling guarded
- not feeling excited about anything
- feeling unable to focus
- feeling out of touch with creative side
- experiencing self-deprivation
- feeling detached
- feeling insecure
- experiencing low self-esteem
- experiencing sexual repression
- feeling jealous often

- comparing yourself to others
- displaying poor social skills
- feeling fearful
- feeling aloof often
- feeling shy or timid
- denying yourself of pleasure
- feeling overwhelmingly exhausted
- feeling a lack of desire
- feeling a lack of passion.

Balancing your sacral chakra

A blockage of energy in the sacral chakra can be healed with regular practice designed to stimulate the chakra, which allows energy to flow into it and excess energy to dissipate. Chakra balancing can be helped along by a healer, but there are many things you can do on your own as well.

Aromatherapy:

Sandalwood, Ylang-ylang, Neroli, Orange, Tangerine, Geranium, Rose, Rosemary, Jasmine.

These essential oils can be used in several ways. My favorite is the easiest—use a diffuser. This can be as easy as a drop of essential oil on a cotton ball that is placed where you can sniff it. I have a diffuser that goes on for five minutes every twenty-five minutes. I use this one at night. If you work in an office, they now make diffusers with a USB you can plug into your computer. The scents stay close and are relatively unobtrusive to those working around you.

Body oils and lotions are easy as well, just ensure that only pure essential oils and not chemical fragrance oils are the main ingredients.

An aromatherapy bath with bath salts can be made with any of the oils above, or a blend. (If you're new to blending, start with two or three oils or you might be unhappy with the result). The bath should be exotic - neroli is preferable, but you can add a drop of mandarin orange or sandalwood, clary sage, patchouli, or cinnamon. Use orange candles (scented with essential oils) and use soft music with water sounds.

You can also diffuse a drop of your oil of choice on a pad and inserted into an aromatherapy necklace

Since the element of this chakra is water, music with sounds of the ocean, a waterfall or rainfall in the background might be a good choice for you.

Nature Therapy:

Water is the element associated with the sacral chakra. Being close to the ocean, a lake, or even the rain are all immensely beneficial. Allow the flow of water to mirror the way your life. If you don't have any nearby, a fountain will work nearly as well. and your life-giving energy flows through you with

ease, joy, purpose, and pleasure. Even taking a simple bath or a shower can help calm and release the energy flow.

Wearing orange to help feel open and creative, or if you look awful in orange, wear orange jewelry under your blouse.

Exercise:

Another way to help your sacral back into balance is to dance! Five minutes of your favorite dance every day will certainly help maintain balance! Longer is better, of course!

Yoga poses can also help. Try out the triangle, pigeon pose, kneeling crescent moon, fish pose, and bridge poses.

Nutrition Therapy:

As always, a well-balanced diet is the most important thing. If you can, work with a nutritionist and your health care professional to determine if you are lacking in some nutrient and what you need in order to improve the condition.

Since this is the water element, be sure to drink lots of liquids—juices (with minimal sugar), tea, coffee (in moderation), and water. Consume fresh fruits that are juicy, e.g., oranges, papayas, mangos, melons, strawberries, tangerines, apricots, passion fruit, and cranberries. Smoothies with tropical fruits are a summer treat.

Eat a lot of vegetables, especially orange ones, e.g., yams, sweet potatoes, squash, pumpkin and carrots are especially helpful.

Healing your sacral chakra

Healing Foods:

Orange colored foods like oranges and tangerines.

Meditation for healing the Sacral chakra:

Meditation is very useful for chakra cleansing and balancing. For example, a simple sacral chakra healing meditation consists in envisioning an orange lotus or orange crescent moon in the area of the second chakra in the pelvis area. Hold that image in your mind for a few minutes while breathing deeply.

Imagine a warm glowing ball of orange light in the middle of a beautiful glowing lotus right below your naval. Imagine the lotus blooming and shedding its beautiful light across your lower back, sex organs, and abdomen. Next, image the orange flower blooming into a bright orange crescent moon. Hold that image in your sacral and take five deep breaths. Feel the energy flow through you and warm you with safety, warmth, creativity, and pleasure.

Yoga for healing the Sacral chakra:

The hips are heavily affected by the sacral chakra. When using yoga to heal the sacral, focus on opening the hips with triangle pose and bound angle pose. Practice in a calm place where you can go slowly and at your own pace.

Kneel and slide a block between your heels, so that the short edges of the block center on your ankles; sit back and press the tops of your feet and toenails evenly into the ground. Now sit tall, lengthening the crown of your head upward. Make sure the block evenly supports both sitting bones. Place your hands on your thighs or over your belly as you roll your shoulder heads back, then make your belly round with each full inhale. After a few breaths, start to cultivate Ujjayi Pranayama (Victorious Breath) by sweeping your breath along the back of your throat as you inhale and exhale through the nose. Stay here for 2 to 3 minutes. By beginning in this posture, you set a grounding tone for your practice. From Virasana, walk your hands forward into Tabletop, with your knees under your hips, and your wrists under your

shoulders. Make small circles with your hips, warming up the spine and inviting a sense of fluidity. As you grow warmer, you can expand your circles, to the point of melting all the way back into Balasana (Child's Pose) for a few breaths. Spend at least 1 minute circling in each direction. When you are done, lift your hips back into Adho Mukha Svanasana (Downward-Facing Dog Pose).

Anjaneyasana:

From Down Dog, step your right foot toward your right thumb tip and set your back knee on the mat. Press the top of your foot firmly into the mat as you lengthen your tailbone toward your mat and draw your low belly in. Make sure your front knee doesn't drift past your front ankle. Extend your arms alongside your ears. Interlace all but your index fingers, and press up through your palms, drawing your shoulders away from your ears. Bring your drishti, or gaze, up as you lift from your sternum and breathe underneath your collarbones. Firmly draw your hips in toward your midline as you grow tall through the sides of your waist and up through your index fingers. Hold for 1 minute.

Ardha Hanumanasana:

From Low Lunge, lower your hands to either side of your right foot and shift back, straightening your right leg and flexing your right foot. Lengthen your heart forward on the inhale and fold on the exhale; if you feel your lower back rounding during this action, slide blocks underneath your palms or tent your fingertips. Move with the breath, playing with a wavelike movement of the upper body for 10 to 12 breaths. Then exhale to press back to Down Dog, and take Low Lunge and Half Splits on the left side. Finish in Down Dog.

Utkata Konasana: From Down Dog, come to standing and bring your feet one leg's distance apart; spin your legs and toes out about 45 degrees. Bend your knees deeply to create a 90-degree angle between your quads and shins, and press your knees open so that they align directly with the center of your feet. Draw your low belly in and your tailbone down. Position your torso right over your pelvis as you reach the crown of your head toward the sky. Place your palms together at your heart in Anjali Mudra (Salutation Seal). Try to hold this posture for 1 minute; while you breathe here, find

organic movement as you shift slightly from side to side, or even forward and back, grounding through your heels and toes.

Virabhadrasana II: From Goddess, turn your hips to the right as you spin your back heel and plant it flat on the mat, parallel to the short edge of your mat or with left toes turned in just slightly. Line up your front heel with the arch of your back foot. Extend evenly through both arms and hands. Direct your gaze over your right middle finger. Move your right knee directly over your right ankle, aligning your knee in the direction of your second and third toes. Breathe for 6 to 8 full cycles. As you lunge forward in this powerful standing posture, remain receptive to all that's occurring within you. Allow sensations, thoughts, and emotions to move through you with ease by simply reminding yourself that each experience is impermanent.

Affirmations:

- I welcome healthy change.
- I am flexible.
- I embrace my sexuality.
- My emotions are healthy.

Jewelry and stone for sacral chakra

The chakra color for Swadhisthana is orange and it is tied to the moon, so orange and yellow gems are good for opening the sacral chakra. Gems in opposite colors can be used to soothe an overactive sacral chakra.

Crystals that open and activate the second chakra include:

- Orange and coral calcite
- Citrine
- Orange carnelian
- Orange adventurine

Orange calcite and citrine both have cleansing properties, which can help clear a blockage in the chakra. Coral calcite is often used in distance healing because of its amplifying qualities.

If your second chakra is overactive, stones that can be used to soothe it include:

- Orange carnelian
- Snowflake obsidian
- Amber
- Purple gemstones like amethyst, quartz and tourmaline

Orange carnelian can be used for either opening or soothing because of its unique healing properties. Amber chakra stones are known for drawing energy into themselves, so can be used to soak up excess energy in the second chakra. Snowflake obsidian restores balance to the body.

Moonstone is a unique crystal because it can be used for both opening and soothing the sacral chakra because of its connection with the moon, which is also associated with the second chakra. The meaning of moonstone varies slightly depending on the variety, but all are good for the sacral chakra, especially ones with a slight golden or yellow hue.

Lifestyle and diet consideration

- Dance—especially belly dancing, Latin dances such as salsa, and other dances that move the hip area.
- Practice hula-hooping.
- Learn tantra to get in touch with your sexuality on a more conscious level.
- Try journaling, writing, painting, or another form of creative expression to help channel your emotions.
- Learn how to express your emotions in healthy ways.
- Include play in your daily life to cultivate flexibility in learning how to experience pleasure and joy.

Take the following food

- Oranges
- Mangos
- Carrots
- Pumpkin
- Dark Chocolate
- Sweet Potatoes (try them mashed with butter and cinnamon)
- Cantaloupe
- Peaches
- Figs (fresh, not dried)

Mantra for Sacral chakra

VAM is the Chakra Mantra for the Sacral. It’s actually pronounced Vang!

SOLAR PLEXUS CHAKRA - MANIPURA

The solar plexus chakra is all about standing in your power, getting in touch with your inner warrior fire, and self-esteem.

Identifying blocked Solar plexus chakra ans symptoms

Symptoms of blockage:

It's easy for the solar plexus to become blocked because of the many overwhelming options life throws at you.

When you don't know what you want, when you're fearful of making wrong decisions, when you need input and buy-in from others to move forward, this chakra gets blocked.

Emotional signs of a Blockage:

Sometimes the symptoms of chakra blockage can be subtle, but not so much with the solar plexus chakra. It's often easy to see and tune into once you're aware. If you lack confidence, if you struggle to make things happen for yourself, if you feel like you're always being pushed around by others, if you're waiting for someone to offer you a leadership role, or if you're exhausted from always trying too hard, it's likely that your solar plexus is blocked.

You can also see when your personal power chakra is blocked if you generally feel unworthy, you constantly second guess yourself, you carry a strong sense of victimhood, and you feel powerless against the wants and needs of the people in your life.

Physical Indications of a Blocked Solar Plexus Chakra:

An excess of energy in the solar plexus leads to overeating and general overindulgence in things. Laziness, a need to control, intolerance, and competition are more signs of an excess of energy in the solar plexus chakra.

An energetic deficiency in the solar plexus manifests as low body weight, lack of focus, and digestive problems like ulcers or indigestion.

Deficiencies in the solar plexus often mean that you struggle to represent yourself honestly. You may have difficulties knowing yourself and what you really want.

With a blocked or out of balanced solar plexus chakra, you’re not able to define your will or direction and therefore procrastinate on major life decisions.

Balancing Solar plexus chakra

There are as many different ways to balance our chakras as there are people in the world, and what works for one person may not work for another. Some people like to sit and meditate, using sounds and smells to relax and re-energize, while others may chose exercise or participating in other activities that stimulate our points. Whichever way you chose, make sure that it's right for you. If you feel uncomfortable doing a yoga position, try listening to music and focusing on how your body responds, or if you are more energetic, a good hike or riding a bike might be better suited. This is the important part; listen to your body. It will tell you what works and what doesn't.

To nourish your spiritual side, try volunteering or taking a class; learn something new. This nourishes our mind and spirit.

Crystals:

Stones of yellow hue are best to use. Crystals such as amber, citrine, golden or honey calcite, yellow sapphire are just a few. Wear or place these crystals on your body as you listen to meditative music, or carry them in your pocket.

Sound:

Using sound as part of your chakra balancing is a soothing and relaxing way to release the tension and blockage within our bodies. Either by 'toning' which is using a specific vowel sound, drawing it out in a tone of voice you feel comfortable using. For the Solar Plexus, the sound of 'oh' should be used. A Bijas mantra is different and can be used as well. The Bijas for the Solar Plexus is RAM.

New Experiences:

The Solar Plexus helps with mental clarity as well as learning new things. Try taking up a new hobby or playing games that stimulate and sharpens your mind. These are excellent ways to keep this chakra open and balanced.

While the majority of these suggestions concentrate with feeding our emotional and mental side, we need to think of our body as well. Keeping

the body healthy with the right food and good exercise can also keep the chakras balanced and the energy flowing. Consider eating foods that are yellow, such as some squash, yellow bell peppers and lemons. Fruits and vegetables of this color contain antioxidants such as lutein. Research suggests that lutein along with other plant basted antioxidants, may reduce the risk of chronic eye disease.

Healing your Solar plexus chakra

It’s a good idea to devote time to learning techniques focused on each of the 7 chakras. Each one offers its own benefits. That said, there are clear advantages to focusing merely on the solar plexus chakra, at least for a time. When you work on creating a more positive self-image, on making responsible decisions and on understanding what you want from life, good things follow!

Whether you want to find a relationship, get more job satisfaction or broaden your social life, confidence and autonomy are necessary precursors. You will also likely experience psychological or spiritual growth, and, as a bonus, notice smoother digestion and less stomach discomfort.

Since the solar plexus chakra also has a lot to do with life purpose, working on this chakra can also reduce procrastination. Similarly, it can help you ensure you’re using your time to create a better future for yourself. We’ll turn now to look at four specific ways in which you can unblock your solar plexus chakra. Remember to consider how you can integrate these techniques into your everyday life.

As you probably know, all stones and crystals have ancient meanings and associations. As such, it’s unsurprising that there are stones allocated to each chakra.

You can use these stones in a variety of ways when

opening chakras. You might wear solar plexus chakra jewelry, hold a stone in the palm of your hand when meditating, or simply carry one in your pocket to help keep your solar plexus in alignment.

Yoga for solar plexus:

You can also add yoga poses to your day if you want to align or unblocked the solar plexus chakra. Experts on chakra work typically encourage all forms of yoga, but particular exercises are more influential on the position of the solar plexus chakra. For example, try the child’s pose, which also offers the advantage of being very soothing:

- Put a soft blanket or cushion under your knees.
- Kneel down, sitting on your heels

- Move your knees so they are hip-width apart.
- Lean down so your torso sits between your thighs.

Jewelry and stone for Solar plexus chakra

Here are the stones most frequently associated with solar plexus chakra:

Amber:

Your solar plexus chakra is marked as yellow on maps of the chakras, so yellow is often used to symbolize it more generally. Amber stones are an orangey-yellow in color, and they are linked to both confidence and mental clarity. Use this stone if you're struggling to make a decision.

Yellow tourmaline:

Yellow tourmaline is physically striking, and you'll often see it advertised as a "detox" stone on a list of solar plexus crystals. It's all about getting rid of negativity (both in views of yourself and the past).

Citrine:

Another yellow solar plexus crystal, this pale stone is sometimes called the "success stone". Any journey related to personal empowerment goes well with acquiring a piece of citrine, and you can also use citrine for self-esteem.

Lifestyle and diet consideration

Engage in the following activities:

- Wear yellow clothing.
- Take martial arts (internal or external), which helps strengthen personal power.
- Create healthy energy boundaries with those in your life to strengthen your inner power.
- A simple way to create an energy boundary is by surrounding yourself in an egg of white light, especially if you're about to enter a stressful situation, such as a talk with a toxic coworker, or, if you experience social anxiety, before entering a large room full of people.
- Try things outside your comfort zone. Doing so helps you build confidence in your own resilience.

Just as your diet influences your general health, so too does it impact on the seven major energy centers in your body. Consequently, one of the easiest ways to make a difference to chakra alignment is to tweak your diet so that it nurtures (rather than blocks) the chakras.

Increasing fiber intake, cutting back on sugar and reducing the amount of saturated fat in your diet are all great for your chakras. However, there are also particular chakra foods that target the solar plexus and can speed up solar plexus chakra healing:

Yellow peppers: Since yellow is the color of the solar plexus chakra, you can't go wrong when adding more yellow peppers to your diet.

Complex carbohydrates: Given that the solar plexus chakra plays a big role in the energy you have for pursuing goals, it's smart to go for food that gives you a steady, sustained supply of energy instead of just a spike in blood sugar. Good examples include brown rice, brown bread, and wholegrain cereal.

Corn: Another bright, optimistic yellow food, corn can nourish the solar plexus chakra and give your well-being an extra boost. It is often the first

solar plexus food mentioned in a beginner's guide to chakras.

Chamomile tea: While not strictly a food, chamomile tea has always been recommended to help treat a solar plexus chakra blockage. It can also settle an unsettled stomach.

Mantra for Solar plexus chakra

The bij mantra that goes with this chakra is "rung" or "ram." Chanting this mantra can help awaken and ignite the solar plexus chakra. If you prefer English, you can also chant the affirmation, "I can" or "I do," either aloud or consciously silently.

As you chant the mantra, you can also try the hakini mudra. Bring the tips of all 5 fingers to touch, with the thumb and pinkie fingers nearly in line with each other. Hold the mudra in front of your solar plexus as you chant the bij mantra or meditate. Alternatively, try the rudra mudra, with your pointer and ring finger curled in to meet your thumb and your pinkie and middle finger extended.

HEART CHAKRA - ANAHATA

Heart chakra is the middle chakra in a system of seven. It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. A healthy fourth chakra allows us to love deeply, feel compassion, and have a deep sense of peace and centeredness.

The 4th chakra: Anahata or Heart chakra is the balance point that involves the whole self. Your ability to feel love for yourself and for others. On a truly holistic level, the heart is your ability to see your connection to all that is. Ultimately, a perfectly balanced heart results in feeling genuine and unconditional love for all things. Your fourth chakra is located in the center of your chest, level with your heart.

a) Central powerhouse of the human energy system - the emotional power chakra - mediates between body and spirit and determines their health and strength. The symbolic doorway into our internal world.

b) Propels our emotional development - how to act out of love and compassion - to recognize that the most powerful energy we have is love.

c) To generate an emotional climate and steadiness with which we respond to experience/circumstance.

d) To let go and let God - to be able to see our experiences and circumstances as part of the divine plan.

e) Openness trust toward life - ego and will to outer world.

f) Getting to know ourselves in relationship to ourselves alone, not in regards to anyone else.

g) The ability to heal oneself and others.

h) Love recognized as commitment to self-love as primary factor for healthy relationships with others - love of self, forgiveness, compassion - a force that influences and determines biological activity - heals us and others.

Love is Divine power. Love is the only authentic power. Not only our minds and spirits, but also our physical bodies need love to survive and thrive. To refine our capacity to love others as well as ourselves and to develop the power of forgiveness (acceptance).

The Heart Chakra governs the physical heart and lungs. It is essential to our physical supply of energy and vitality as well as the love that nourishes our spiritual existence. Centering ourselves in love gives our life purpose and meaning. It anchors us in Selfhood, which is love itself. What this means on a real level it is our true nature that is loving, kind, and respectful. Growth and healing open a panorama, where we give love freely and unconditionally and receive it in the same way.

Identifying blocked Heart chakra and symptoms

Symptoms of blockage:

Every chakra moves out of alignment at times or develops blockages. These blockages can be minor or major, but will always lead you to feel physically or emotionally off balance. Blocked heart chakra symptoms include the following:

- Restlessness
- Difficulty trusting others
- Impatience and irritability
- Lack of empathy

Some of the physical symptoms of a blocked heart chakra can include these (though note that these issues can, of course, have purely biological roots):

- Insomnia
- Increase in blood pressure
- A decrease in immune system function

There will be times when you don't know exactly what has gone wrong with your heart chakra. Healing doesn't require that you know the cause. That said, there are some common reasons why you might need to work on healing the heart chakra.

Difficult relationships are the main cause. These need not be romantic. Toxic friendships are just as capable of blocking the heart chakra.

You might be dealing with the end of a relationship, or with an imbalanced relationship where your love doesn't seem to be reciprocated. Any kind of grief or loss can also mean you need to practice heart chakra healing exercises.

In addition, if you're struggling to accept a truth about yourself, this type of emotional repression can also push the heart chakra out of alignment.

Balancing the Heart Chakra

Green Heals the Heart: Green is the color associated with the Fourth Chakra.

When you bring yourself to surroundings where green is plentiful – such as the trees and plants in nature – your Heart Chakra will feel at peace, allowing for healing to occur.

Green candles, green pictures or paintings, and even green painted walls can open up a closed Heart Chakra when outside nature cannot be explored.

Choose green foods on your plate – spinach, kale, swiss chard, romaine lettuce, parsley, bok choy, limes, green apples, honeydew melons, avocados, green peppers, cucumbers, and the like, all help balance the Heart Chakra.

Use the Element of Air:

Air is the element of the Heart Chakra, so surround yourself with this element often to help the Anahata thrive.

Walking on the beach or in the open plains, where the air can brush against your face – even feeling the breeze from an open window in your home – will do wonders for the Heart Chakra!

Practice meditation and the YAM chanting for a few minutes each day, along with verbal affirmations (“My heart is full. I am love. I forgive. I can heal.”) for healing.

When we allow our hearts be open to love, forgiveness, and compassion, our Heart Chakra will become open as well.

Never forget what the Heart Chakra truly and naturally represents – LOVE.

Practice a random act of kindness every day, forgive easily, and love all who enter your life (for the good and the bad).

With these actions and intentions, your Heart Chakra will remain open, balanced, and alive.

Healing your Heart chakra

Here are the best heart chakra healing practices out there which will help you balance this energy center:

Go forest bathing:

As green is the color of the heart chakra, going out in nature will help your heart to open. “Forest bathing” is actually a term that originated in Japan known as Shinrin Yoku, and it has many scientifically proven benefits. If you don’t live near a forest, don’t worry. Simply go to your local park, woodland, bushland or other areas full of greenery. If you live in a city with no nature, try getting a pot plant or indoor shrubs to encourage heart chakra healing.

Do a loving-kindness meditation:

A balanced heart is beautiful. It dissolves the illusion of separateness and shares loving kindness with others. If your heart chakra feels congested, try the loving kindness meditation. Simply sit down in a quiet spot and connect with your breath. Allow your chest area to soften as you direct loving energy towards yourself. Afterward, choose four different types of people to direct loving energy towards including a loved one, a person close to you, a neutral person (like an acquaintance), and an enemy or hostile person. You might like to visualize loving energy or say a mantra such as “I radiate love to you” to assist with this meditation.

Establish clear personal boundaries:

Examine where in your life you are permitting other people to overstep your boundaries. At what times do you say “yes” when you desperately want to say “no”? Which people in your life ask too much from you? In which areas of your life do you feel anxious and ungrounded? Develop the habit of drawing the line and respectfully letting people know where your limits are. Practice assertiveness and take care of yourself.

Use the following herbs:

Use herbs such as rose, astragalus, holy basil, hawthorn, nettle, hops, and angelica to open and clear the heart chakra.

One of the best ways to take herbs is to drink them as tea. For the heart chakra, I recommend Buddha Teas' soothing and 100% organic Heart Chakra Tea which you can buy here. This tea is infused with the essence of rose quartz.

Practice empathy by asking "What if?":

It can be easy for the mind to make rash conclusions about other people. Often these conclusions are judgmental, harsh, and unloving. The next time you find yourself feeling angry towards another person, ask the question "What if?" For example, if someone is rude to you, ask, "What if that person just lost their job?" Or if you struggle to get along with someone else, ask, "What if that person's childhood traumatized them so much that they can't relate to others?" Remember that there is always a story behind the behavior of others.

Hug more:

Human beings are social creatures that require loving physical contact in order to remain healthy. Hugging releases oxytocin which is a chemical that calms down the entire body and is a natural antidepressant. Try to hug your loved ones more. If you don't have anyone to hug, try hugging yourself as an expression of self-love.

Show self-love by giving yourself the permission to feel:

One of the greatest forms of violence we show towards ourselves unknowingly is avoiding our emotions. Our emotions are not made to be controlled, repressed or shut out – they are expressions of our humanity that we need to embrace. Give yourself the permission to be unhappy, angry, sad, bored, jealousy, and all emotions which you usually shun. Anchor yourself in your breath, and allow these emotions to pass through you. Read more about opening your heart and experiencing your emotions.

Allow yourself to receive love:

Often times we tend to ignore or downplay expressions of love from other people out of low self-esteem and fear. Instead of denying affection or compliments, experiment with accepting them graciously. You might feel a

little bit awkward at first, but this simple change in behavior can open up your heart more.

Meditate with the following crystals:

Use crystals as energetic totems that will help you balance your heart energy. Try meditating or carrying crystals such as jade, malachite, rose quartz, emerald, rhodonite, prehnite, ruby, green fluorite, and chrysocolla. My favorite at the moment is rhodonite.

Be thankful and show gratitude:

It's unfortunate that we take so much for granted. One of the best heart chakra healing practices out there is simply to acknowledge all the blessings you have. Simply sit down and look at, or think of, all the things you love about your life. Silently say "thank you" to each one of them or say a prayer of gratitude if that feels appropriate.

Do shadow work:

Often when our heart chakra is closed, it means that we are storing a lot of dark energy within our subconscious minds. Your shadow self is the part of you where all of your rejected and denied personality traits, thoughts, feelings, habits, and socially unacceptable ego parts are stored. When you start to access these locked away parts of you and embrace them, your heart immediately opens a little more. Read more about the shadow self and shadow work.

Do a forgiveness ritual:

Forgiveness starts with you first. In what ways have you mistreated yourself? Write a loving letter to yourself asking for forgiveness, and either burn it or keep it someplace safe. If you're holding onto resentment towards another person, try a self-designed ritual that includes one of the elements (earth, fire, water, wind). For example, if you need to forgive your mother, try lighting a candle and saying a prayer such as, "Dear Life/Spirit, may my heart release resentment towards my mother. Amen." Then blow out the candle.

Jewelry and stone for Heart chakra

The heart chakra colors test indicates that green is the color most closely associated with this chakra. Consequently, many of the following heart healing stones are green:

Jade:
This semi-precious heart chakra stone is linked to balance, and to emotional healing. You can benefit from focusing on this stone when you are dealing with a loss or an emotional injury.

Green calcite:
Traditionally used to absorb negativity, this is an excellent choice when you are finding it hard to feel empathy. This stone can help you focus on recovering from compassion fatigue.

Green aventurine:
This stone is liked to energy, vitality, and inspiration. It is said to soothe difficult emotions, and to assist in bouncing back from emotional roadblocks.

Rose quartz:
Heart chakra crystals aren't always green. This pink stone is sometimes called the "heart stone" and is said to help you regain balance.

Lifestyle and diet consideration

The best therapy for fourth chakra balance is hugging. Hugging people or pets you care about with genuine love and affection feels wonderful.

- Hugging affirms that you are loved, loving, and lovable. Even hugging yourself can be effective.

- Deep breathing is excellent for empowering both the heart and solar chakra. Cardiovascular exercise is also a great way to improve heart health, both physically and energetically.

- Buy yourself a bouquet of roses. Roses resonate at the heart chakra.

- Make yourself rosebud tea. These tiny rosebuds, which you can buy at herb shops, specialty tea shops, and at many health food stores and Asian markets, are actually a Chinese medicinal herb called mei gui hua. By steeping a few buds in a large mug of hot water for a few minutes, you can create a love ritual for yourself and ingest the love of the roses.

- Practice forgiveness—of yourself and others

Here are some of the best heart chakra foods to consume when you feel blocked or unsettled:

Green foods:

Anything green is linked to the heart chakra. This means you can't go wrong with ingredients like kale, limes, green bell peppers, spinach and green apples. All of these can help balance your heart.

Warm soups:

A hearty and rich soup can help to replenish your emotional stores and help you recover from difficult experiences. There is also anecdotal evidence that soups can promote recovery from illness, and the immune system is often at low capacity when charkas are misaligned.

Foods rich in vitamin C:

Finally, orange juice, strawberries and other fruits that contain plenty of vitamin C can help the heart chakra. You can combine these fruits with green vegetables to create a super healthy smoothie.

Mantra for Heart chakra

Singing love songs is an obvious way to incorporate sound therapy. I also like to chant HU (sounds like hue). The HU chant is almost magical in its ability to bring about feelings of balanced love and serenity.

THROAT CHAKRA VISHUDDHA

Located in the region of the neck, the throat chakra or vishuddha is the fifth of your seven chakras. The Sanskrit name translates to “Especially Pure”, a fitting name for this chakra, as the throat chakra is associated with speaking your authentic voice.

The energy of the throat chakra starts in the center of the neck at the level of the throat and expands through the shoulders. This chakra is the first of the higher or upper chakras on the “chakra ladder”. With a strong connection to your second or sacral chakra, your throat chakra embodies your true originality and authenticity.

The throat chakra is motivated by expression and truth, it allows you to see the knowledge that is true, beyond the limitations of social conditioning. This chakra is responsible for communicating effectively and with conviction. When your fifth chakras energy is in harmony, you will stand up for what you believe in, be honest with yourself, and speak your truth.

As the center of communication and creativity, the throat chakra allows you to express who you are but also listen deeply to others. When your throat chakra is balanced, it gives you the ability to be inspired, projects your ideas, and align your vision with reality.

The throat chakra is all about speaking your truth, effectively communicating your needs, and expressing yourself. The following meditations, crystal techniques, essential oil applications, and yoga postures will help you connect with what you may be holding in this chakra, and, most importantly, initiate connection with this energy vortex within you, so that you may open into the wisdom it holds.

Identifying Blocked Throat Chakra and symptoms

Disfunctions in this energy plexus can cause disease in the related systems

- Laryngitis
- Sore throats
- Dizziness
- Asthma
- Fatigue
- Anemia

Other signs that indicate a blockage of the throat chakra are:

- Struggling to find your words or/and being afraid to talk
- Getting nervous when you find it difficult to express yourself
- Believing that it makes no sense to express yourself because most probably you will be misunderstood
- Allowing others to dominate you verbally
- Being afraid of conflicts in order to avoid controversy.

Balancing the Throat Chakra

Chakra balancing is the process of restoring the harmonious and balanced flow of prana or energy throughout the body. Your chakras are in constant fluctuation. Practicing chakra balancing and aligning is a regular and sometimes daily activity to explore. But how do you balance your throat chakra?

Use Your Voice:

As the center of your authentic voice, it is important that you practice using your voice to help restore balance to this chakra. Talking with close friends and family can be helpful. Make it a point to always speak openly and honestly with all that you say. Speaking in a heartfelt way can work wonders on your throat chakra.

Get Outside:

One of the elements that the throat chakra is influenced by is ether. Ether is the clear sky, the upper regions of air beyond the clouds. Getting outside on clear and cloudless days can help bring balance to your throat chakra. Simply taking a walk or meditating outside on a clear day will help restore the harmonious flow of energy in your fifth chakra.

Physical Activity:

Yoga is a paramount tool in bringing balance to your throat chakra. Yoga poses for the throat chakra should focus on opening the neck and shoulders and draw energy into the throat chakra. Below are specific yoga poses and movements to connect you to the energy of the throat chakra.

Plow Pose | Halasana
Bridge Pose | Setu Bandha Sarvangasana
Child's Pose | Balasana
Upward Plank Pose | Purvottanasana

Meditation:

Sit with your shoulders back and spine straight. Relax your muscles as you close your eyes and breathe deeply. Inhale through your nose and exhale through the mouth.

Focus your attention on the location of your throat chakra: the center of the throat.

Since the throat chakra is tied to the color of blue, imagine a blue glow at the center of your throat, slowly expanding throughout your neck and shoulders, making the whole area warm and relaxed. Rest in this sensation for 3-5 minutes.

When you are ready, slowly open your eyes.

Affirmations:

Positive affirmations are a great way to heal negative programming that can be embedded in your subtle body. When balancing your throat chakra, practice saying these phrases to yourself:

- I am open and honest in my communication
- I have a right to speak my truth
- I live an authentic life
- I nourish my creativity and self-expression
- I know when to listen

Healing your Throat Chakra

Every problem has a solution and there are certainly beneficial activities that will help you unblock your throat chakra or improve its functionality:

- Warm up your voice 7 times a day with soft musical notes
- Write letters (even if you do not send them, what matters is to express yourself, put on paper everything you want to say to someone, good or bad)
- Read a text out loud
- Have a dialogue with your inner child – in writing or verbally, out loud or in your head
- Keep your palms on your ears for a few minutes
- Neck exercises such as head rotation
- Silence – Take a few moments a day where you are on your own, in silence
- Be honest! When you're afraid to express yourself, make an effort and say honestly what you have to say. Just speak from your heart and everything will be fine!
- Express your creativity! Develop your hobbies
- Respiration exercises where you deeply inhale and exhale (Try Ujjayi Breathing techniques)
- Sing as often as you can

Although there may be various reasons that could affect the throat chakra, it is recommendable to recognize the signs of blockage. You need to identify the real cause and develop a personalized set of solutions that could help you overcome the obstacles.

Yoga poses:

Easy Neck Release

To warm up the throat, start with a gentle release to soften and open your neck.

Make your way into a comfortable seated position. Place the index and middle fingers of your right hand on your left temple. Inhale deeply and draw the crown of the head toward the sky and tuck the chin into the chest.

As you exhale, tip the right ear toward your right shoulder. Use your fingers as a guide to apply gentle pressure to the temple.

Stay for 10 to 15 breaths, releasing the right shoulder down and away from the ear. To release, gently prop your head upright using your fingers. Switch sides.

2. Baby Cobra Pose

Bhujangasana

From your seated position, make your way onto your stomach. Let the chin rest on the floor and draw the big toes together. Place the arms under the shoulder blades and tuck your elbows tightly in by your ribs.

On an inhale, lift the head and chest from the mat and gaze softly a few inches in front of your hands. Feel the abdominal muscle engage against the floor as the neck opens. Keep the elbows tucked tightly against the ribs to work the biceps. As you exhale, lower the head and chest and rest the chin on the floor.

If you want to open the neck further, lift the head and chest higher and let the bottom ribs graze the floor to explore the full expression of Cobra Pose, straightening through your elbow. Be mindful of any strain on your low back.

Complete up to 5 reps and roll over onto your back.

3. Supported Fish Pose

Matsyasana

Supported Fish Pose can make you feel uncomfortable and vulnerable. Breathe into the sensations, letting the neck and shoulders release as the throat and heart begin to open up.

Place a block between your shoulder blades. Lower the mid-back over the block (at the back of your heart) and let the head and neck release down toward the floor, opening the throat to the sky.

Find a comfortable leg position, such as stretching the legs long or bending the knees and placing the feet on the floor.

If you don’t have a block, using a small pillow or rolled-up blanket. Stay for at least 10-15 breaths.

4. Shoulder Stand

Salamba Sarvangasana

Shoulder Stand is a great counter-pose for the back and shoulders after coming out of Fish Pose. This inversion reverses circulation and sends fresh blood to the throat.

Lie flat on your back with your arms and legs extended. Lift your legs into the air and flex the feet flat like you’re going to talk a walk on the ceiling. Roll the torso up and off of the mat to take the weight of the legs and torso onto your shoulders. Use your arms and hands as kickstands to support your lower back.

Stay for 5-10 breaths.

5. Legs-Up-The-Wall Pose

Viparita Kirani

If Shoulder Stand is not in your practice, try Legs up the Wall for a modified inversion.

Lie next to a wall on the floor or bed and extend the legs skyward, flexing the feet flat. Stay for 5-10 breaths before gently releasing into Savasana to rest for a few minutes.

Jewelry and stone for Throat Chakra

Each chakra is influenced by unique stones and their energetic properties. The throat chakra is highly influenced by lapis lazuli. When balancing your throat chakra, meditate with lapis lazuli, carry the stone with you, or wear jewelry with lapis lazuli to let the energetic properties help restore balance to the chakra. Our Throat Chakra Blend has a lapis lazuli rollerball to aid in balancing your throat chakra. Lapis Lazuli Rollerball: Known as the stone of truth, lapis lazuli is used to open and balance the throat chakra. The elements of lapis lazuli stimulate the desire for

knowledge, truth, and understanding. The energetic properties of lapis lazuli restore your ability to communicate and speak your truth.

Lifestyle and diet consideration

Balance your fifth chakra with blue foods. Blueberries and blackberries are particularly good sources of fiber, antioxidants, and vitamins. For the throat chakra, think healing and soothing foods and liquids such as coconut water, herbal teas, raw honey, and lemon. Fruit that grows on trees such as apples, pears, and plums are also known to be excellent at healing this chakra.

Make This: Homemade Elderflower Syrup

Wear This: Turquoise

Mantra for Throat chakra

“HUM" is Mantra sound for throat chakra.

THIRD EYE CHAKRA AJNA

Third Eye Chakra, is sometimes referred to as the Brow Chakra, is the sixth chakra. Energetically the sacral chakra vibrates to the color Indigo. Your third eye chakra is an energy center in the middle of your brow. This energy center, also called the sixth, brow and ajna chakra, represents your insight, intuition, and intelligence. It also relates to psychic awareness, sometimes referred to as the sixth sense. Lucid dreams and dream recall are components of the third eye energy center. This chakra embodies the purposeful use of imagination. The Third eye chakra is located at the base of the skull at the medulla oblongata and is between the two physical eyes and in the middle of the head. The third eye governs the pineal gland, pituitary glands, brain, eyes, ears, nose. It also governs the sinuses.

The third eye is the chakra of wisdom—enough to see, and the intellect to understand both sides of every event or story. Here we find our mystical selves—intuition, inner vision, a deeper perception of life than before. This is the place of shamans and wisdom keepers, those whose introspection open the doors of past lives, subconscious pattern recognition, astral travel, and extrasensory perception.

This is the chakra of dreams that provide information to guide us, and that of remembering them when we wake. The pineal gland secretes serotonin which regulates sleep patterns and melatonin which may be responsible for our circadian rhythms.

When you balance the third eye chakra, you experience clarity of thought and vision, you are imaginative, intuitive, and see the events in your life as symbolic and lessons to be learned. You will remember your dreams and contemplate their meanings. You are flexible in your opinions. Those who balance the third eye often become visionaries, often telepathic, and are not afraid of death because, to them, it is merely an extension of life in a different realm.

As with the other chakras, however, imbalances occur and come in either excess or as deficiencies. When out of balance, you might experience headaches, problems with the eyes and/or ears, sleep disorders or anxiety related issues. Those who are in balance, or nearly there, cannot tolerate

negative or violent environments, or what they see that does not correspond with what they have heard about a situation.

Identifying Blocked Third eye Chakra and symptoms

- inability to plan or set goals
- narrow-minded
- denial
- poor vision/memory
- difficulty seeing future
- lack of imagination

Balancing the Third Eye Chakra

Meditation, especially with an open third eye, is always a good place to start and a critical component to balance the third eye. Meditating under natural light is most beneficial and a good place to start, either sunlight or moonlight. (During the winter you can substitute with full spectrum light.)

Concentrate on breathing. With your eyes closed “look” at the area between your eyebrows. This may take several to many attempts, especially if you’ve never attempted to open your third eye. You might try thinking of the color purple and trying to “see” it between your eyebrows (your third eye). Be patient, with enough time and work, your third eye will open.

When I want to balance all my chakras, I start trying to “see” red, then orange, yellow, green, blue, purple and finally white. If you have trouble, think of Santa Claus for red, and orange to eat, a yellow flower, etc. as you go through them.

Sleep is another critical component of third eye balance. Be sure you get enough sleep at night which should be seven to eight hours. The time between 1:00 and 4:00 a.m. are important for this chakra; the ancients felt this was the when we connected with our higher beings. If you have sleep

problems, try breathing exercises or a CD with a guided meditation. Put your "screens" away at least an hour before you go to bed. If you like to read, you'll need to put the Kindle or Nook away and read an actual paper book! Try not eating for at least two or three hours before bedtime. Art therapy is another way to induce sleep, or self-hypnosis if you are able.

Aromatherapy:

The following are essential oils to consider as aromatherapy. These essential oils can be diluted to 3% in a carrier oil on your pulse points, or on a cotton ball or in a diffuser for inhalation.

Aromatherapy to balance the Third Eye:

- Frankincense (Boswellia carteri)
- Lavender (Lavandula angustifolia)
- Neroli (Citrus x aurantium)
- Juniper (Juniperus communis)
- Diffusing lavender at bedtime is helpful and calming.

Healing your Third Eye chakra

Use a daily affirmation:

designed to activate your third eye. Try, 'I am a wise decision maker,' 'I am open to the wisdom within,' 'I trust my intuition.'

Practice dialoging with the Divine:

Ask a question and then relax into waiting for a response. Remember the Divine speaks to us in messages, signs, and symbols. Be prepared to wait and be open to receiving information in any form.

Keep a dream journal:

Write down whatever fragments you remember first thing each morning, before putting your feet to the floor.

Go star gazing.

Also you can:

1) Use healing stones that have the same vibrational frequency as the third eye. Good examples are purple fluorite, lapis lazuli, moonstone, amethyst, and quartz.

2) Dark blue or purple foods will have a positive effect on the third eye. Eat more plums, eggplant, cabbage, kale, blueberries, and purple peppers. Foods naturally rich in Omega-3's (brain food) are also good.

Remember to give time to balancing your entire chakra system – particularly the root chakra. An overall balanced system makes it much easy to work with one or two chakras that are particularly blocked.

3) Find an art form that you enjoy, or think you might enjoy, and engage in it regularly. Creating art stimulates both the third eye and crown chakras.

4) Visualize the color indigo between your eyes during meditation. Hold the color there for 5-10 minutes

5) Detoxify your pineal gland by eliminating chemicals like fluoride, alcohol, pesticides. Also, make sure you're drinking plenty of water… And eating an abundance of dark leafy greens like spinach, chard, spirulina, and kale.

6) Consider both acupuncture and acupressure as additions to your physical health regimens.

7) Drop down into your body. If you feel that your mind is racing, an indication of an overactive third eye, do some grounding work and body awareness work to help calm you down.

8) Connect with the element of light by finding the broadest expanse of blue sky, lying down, and then just relaxing.

9) Find a non-competitive exercise to practice regularly.

10) Practice opening up to your intuition by setting an intention each morning to pay attention and act on intuitive signals.

11) Make time to be in silence and solitude on a regular, if not daily basis. Five to ten minutes a day are all that are required. Put away all

electronic devices and sit or lie in silence, paying attention to internal sensations and cues.

Yoga practices for third eye:

Candle Gazing (Trataka)

This practice connects you with the energy of the Third Eye Chakra by stimulating your two eyes and encouraging a deep state of focus using the image of a dancing flame.

Sit comfortably. Place a candle before you at a distance where you can gaze at the flame with an upright head and neck. Gaze intensely until your eyes water a bit and then let your eyelids almost close. In the gap, focus on the glow of the flame. Finally, close your eyelids completely and focus on the afterglow that remains. It will often look like a small purple or red dot that dances across the darkness of your closed eyelids.

Try to maintain this practice for two to three minutes..

Wide-Legged Forward Fold (Prasarita Padottanasana)

There's nothing like turning upside down to change your perspective. This accessible inverted posture brings your head below your heart and provides a powerful shift for your perception.

Face the long edge of your mat and walk your feet apart from each other as far as you comfortably can. Inhale and either hold a belt or towel behind your back or interlace your fingers behind you. With an elongated spine, exhale and hinge forward from your hips.

Let your forehead come into contact with a block, a stack of books, or the surface of a chair or sofa. No need to strain your legs and back trying to reach down to a level that is uncomfortable.

Stay here for one to two minutes. Come out of the pose by bending your knees and extending your spine long to rise up to standing with an elongated back.

Nadi Shodhana Pranayama (Alternate Nostril Breathing)

This powerful breathing technique brings balance to the right and left hemispheres of your brain by harmonizing the energy flowing toward the "rational" left brain and the "intuitive" right brain.

Find a comfortable seat and take a few natural breaths. When you are ready to proceed, raise your right hand and rest your index finger and middle

finger on your forehead at your Third Eye Chakra.Let your thumb rest on your right nostril. Rest your ring finger and little finger on your left nostril. Block your right nostril with your thumb and inhale through your left nostril.

Next, block your left nostril and release your thumb to exhale through your right nostril. Alternate this pattern of breathing from left to right and then right to left 10 to 15 times.If you prefer to visualize your breath moving in this pattern, it is possible to do this technique with your hands resting in your lap. In this version, imagine that your breath has a color and watch it make the shape of an inverted “V” that rises up the length of one nostril to the Third Eye Chakra and down the length of the opposite nostril to leave the body.

To close the practice, take three to four neutral and natural breaths through both nostrils.

Jewelry and stone for Third Eye chakra

The thought is that you can find jewelry featuring purple stones and wear it anytime you need to unblock the third eye chakra. You can also purchase larger third eye crystals that will sit in your pocket or in the palm of your hand, allowing you to squeeze them and focus on them when you need to keep your third eye chakra open. Some of the best third eye stones include the following:

Purple fluorite: This semi-precious gem is supposed to promote sharpened intuition and to clear up muddled thoughts. It’s an ideal third eye chakra crystal when you’re trying to make a difficult choice and want to

get rid of irrelevant distractions.

Amethyst: A famous and beautiful precious stone, amethyst is traditionally connected to third eye headache relief as well as all forms of healing. Some people also use it to represent wisdom.

Black Obsidian: Another popular member of the third eye crystals group, black obsidian promotes balance between emotion and reason.

Lifestyle and diet consideration

As is intuitive, basic chakra foods (i.e. ones that help all chakras) are all healthy staples. For example, all fruits, vegetables, healthy fats and wholegrain foods tend to promote openness throughout the chakra system. Eat foods such as black currants, blueberries, blackberries, eggplant, prunes, beets, and rainbow chard. Remove fluoride from your diet using a water purifying system because fluoride calcifies the pineal gland, which is directly linked to the third eye chakra.

However, there are also specific third eye chakra foods, and adding them to your daily diet can help to prevent or combat blockages. Keep the following in mind:

Dark chocolate:

If you like dark chocolate, feel free to have as much as you want when you're trying to open the third eye! It is said to help enhance mental clarity and boost concentration. It is a great source of magnesium, which destresses you. As a bonus, it promotes the release of serotonin, putting you in a more positive mood.

Anything purple:

Given that purple is the third eye's color, all purple foods promote its balance. Some of the best examples include eggplant, purple cabbage, red grapes, blueberries, and blackberries.

Omega-3: Foods that are rich in omega-3 can enhance cognitive function and thereby help to keep your third eye chakra open. Good choices include walnuts, salmon, chia seeds and sardines.

Wear This: Howlite or Quartz

Lifestyle Also Include:

- When you receive an intuitive hint, act on it.
- It will strengthen your intuition.
- Set the intention that you wish to connect with your inner wisdom.

- Add dark blue and indigo colors to your wardrobe.

Mantra for Third Eye chakra

Chant the sound “SHAM.”

CROWN CHAKRA SAHASRARA

The crown chakra is all about becoming more connected with our Inner Divine, as well as our connection to the Divine. The following meditations, crystal techniques, essential oil applications, and yoga postures will help you connect with what you may be holding in this chakra. Most importantly, these techniques will help you initiate connection with this energy vortex within you so you may open into the wisdom it holds.

Symptoms of blockage of the Crown Chakra: From a physiological point of view, a blocked Sahasrara manifests through headaches, migraines, weak memory, nervous system imbalances, poor coordination, fatigue, low vision and sore throat or ear tingling. However, it is important to remember that in some cases, these symptoms may be caused by other factors and are not always the effect of a dysfunctional crown chakra. For this reason, it is recommendable to seek medical advice.

On the other hand, the emotional aspect of one's life is also profoundly affected by a flawed crown chakra. The common symptoms are sadness or anxiety episodes without any obvious reason, lack of desire to communicate and stubborn rejection of the ideas of others.

Moreover, one does not get involved in the lives of loved ones and often feels s/he is a spectator of their own life where things are done without control and direction. These often lead to isolation and a sense of spiritual disconnection.

Identifying Blocked Crown Chakra and symptoms

Shallow Relationships:

The fear of being socially isolated drives many of us to accept people in our lives that may not be beneficial to our spiritual growth. Thus, we lower our standards and change our perspectives on life. As a result, we tolerate behaviors that do not match our personality in order to maintain a connection with the people around us.

This should change. If you are surrounded by selfish and toxic people who seem to leave you emotionally drained, then it is more likely that they

are an obstacle to your spiritual growth.

Fear of Change:

Change equals challenge and a step out of the comfort zone. It challenges our barriers and promotes our growth, even though the process may cause discomfort or fear.

Whatever may worry you, you should discover ways that will help you evolve and overcome fear.

Repressed Emotions:

The modern society continues motivating us to adopt a positive thinking and approach when facing challenges or dealing with people of a different character. Although this is highly essential in keeping a balanced spiritual energy, we often forget that sadness and anger are normal feelings too.

We often tend to think that being overly critical or making negative remarks are signs of a problematic soul with limited understanding. In reality, repressing emotions can have severe effects on your emotional and mental well-being, leaving you depressed, angry and unhappy.

Ego:

Our spirit is in continuous search for fulfillment, wishing to serve its purpose and give love, care and kindness.

On the other hand, our ego strives for earthly conditions and rewards, such as luxury, social affirmation, personal style, or attention. A life filled with these materialistic and selfish matters give us only a temporary relief. We ignore and block our soul’s desire of expressing its needs or fulfill its purpose.

Balancing Your Crown chakra

An imbalanced crown chakra can also manifest itself in many ways. Living in a state of constant worry, headaches, general lack of purpose, depression and an inability to connect with your higher wisdom are only a few ways that an unhealthy crown chakra can be displayed. So let's learn five ways to cleanse and balance your crown chakra.

Meditate:

Your crown chakra is strongly affected by meditation, as it's your connection to your higher self and the higher power that you believe in. Imagine a golden light illuminating the entire crown of your head, including the space a little bit above your head. It helps me to think of the halos depicted in religious imagery. Feel this glow illuminate and recharge not only your physical body, but your spirit as well. Allow this soft yet powerful light to reconnect you with the world around you—and to your own authentic self, your own true light.

Check your ego:

Self-confidence and ego are not the same. Learning to let go of your ego-driven life will benefit you in many ways, not the least of which is a much healthier crown chakra. One thing to consider is that ego is often fueled by insecurity, but true confidence comes from real self-knowledge—and acceptance.

Choose love:

You can't fully love another until you love yourself is a frustratingly true statement, and learning to love yourself for who you already are is also the first step towards accepting others. So choose love, and as an added bonus you'll likely let go of tension from your other chakras as well.

Prayer:

Prayer is a very personal thing for many people, but it doesn't have to be formal or foreign. Prayer can be as simple as setting an intention in your daily yoga practice. So close your eyes and let the voice of the deeper you be your guide.

Finding your innermost self is, for most of us, a lifelong journey. Learning to tap into the stillness that's always present underneath the currents of daily life is a great place to begin making this connection, and this new-found self-awareness and love will hopefully be just the beginning of a healthy relationship with so much more.

Healing Your Crown Chakra

We now know what obstacles may prevent a proper functioning of the crown chakra. Let's explore the steps we should take to heal our spiritual energy:

Reconnect with Yourself:

Define what you need in your life, listen to your soul's needs and your intuition will guide you. But in order to hear your inner voice clearer, you should remove all the negativity around you. It may be coming from toxic relationships, stressful career, unspoken thoughts or repressed emotions.

Another option would be to focus on your hobbies as they can be great healing methods.

Surround yourself with beauty:

Whether it is music, nature or art, you should nurture your soul with objects that do not reflect the materialistic world we live in today.

Have longer walks in nature or listen to classical music that brings you tranquility and helps you reconnect with yourself.

Do kind acts:

Scientifically speaking, researchers found that 95% of people who do random acts of kindness feel happier with themselves and more optimistic about life. Moreover, they also have a lower blood pressure and less anxiety!

Why is that? We are created to care for one another and the unhappiness of others becomes our unhappiness.

Dedicate time to spiritual dimension:

Since we are talking about a spiritual chakra, perhaps the most effective way to equilibrate its energy is to pray or meditate (depending on your spiritual beliefs).

In the end, our spirit's goal is to remain connected to the Higher Energy. We can make that happen through prayers, reflective thinking and meditation such as yoga or reiki.

Yoga poses:

Ardha Padmasana or Half Lotus Pose

How to: Start by sitting in an easy pose (sukhasana) on the mat. For further support, beginners can sit on a cushion to stay longer in the pose. Lift the left foot and gently place it on the right thigh, while the other foot stays underneath the left thigh.

Place the hands on the knees. Stay here and mediate if you can hold for long enough or practice daily to achieve the long duration required for mediation.

Why to: Lotus pose or Padamasana is one of the most opted poses for meditation as it neutralises blood pressure, balances the body and calms the mind. Directly tapping into the higher consciousness, half lotus pose extend the same benefits as a full lotus pose and is a great practice for beginners.

Vriksasana or Tree Pose

How to: Start with Mountain pose, keep the feet hip width apart. Extend your spine tall and fix your gaze forward at a focal point. Breathe in and lift the right leg and place the sole of your right foot on the left leg, inner thigh. The heel of the right leg should touch the perineum otherwise, can rest on the thigh, or even on the calf initially.

Lifting the torso upwards, take a deep breath & raise the arms up, joining the hands in Namaste mudra. If you can, take your gaze upwards towards the ceiling. Stay here for 5 to 7 breaths and repeat on the other side.

Why to: A restorative and a balancing pose, the position of the arms and gaze taps into the energies of the crown chakra. The position of the body, works from root to the tip of the head, by aligning the chakras in a string. Also, rejuvenating the mind, it strengths the whole body.

Savasana or Corpse Pose

How to: Lie gently on your back, lift your pelvis and slide your tailbone away to comfortably spread your lower back. Keep just a light, natural arch to your lower back. Rest your pelvis on the ground. Place both the feet and the arms 3 to 4 feet apart with palms facing the ceiling. Support the back of the head and neck on a folded blanket, if you like.

Now close your eyes and take a slow deep breath. As you exhale, let your body relax and sink into the floor. Maintain stillness as you relax and quiet the mind. Loosen your whole body completely, like its sinking in the floor. Stay here for as long as you like.

Why to: This pose gets its name from the posture of a dead body. It requires the stillness of a corpse, which makes it a challenging one. It helps in the repair of tissues and cells and in releasing stress. Savasana helps to calm and balance the crown chakra.

Salamba Sirsasana or Supported Headstand

How to: An advance pose, Supported Headstand can be performed by following a series of preparatory postures. An expert's guiding presence is recommended initially.

Come in Dolphin pose and place the head in between your elbows, like your hands are cupping the tip of the head. Inhale and reach up through the balls of your feet until your body form a V, thereby raising the hips to the ceiling. The majority of the weight would have shifted to your forearms and shoulders by now. Start by lifting one leg, feet pointing upwards.

Keep the abdomen tight. Stay here for a couple of breaths and try the other leg. Keep practicing this position for a couple of days till you get a hang of the weight on the shoulders and head.

Use the abdominal muscles to raise both feet up together and draw the thighs in the abdomen. The torso should remain perpendicular to the floor. Exhale and lift the legs gently towards the ceiling.

Keep the weight evenly balanced on the two forearms. The whole procedure can be first practiced against the wall, in order to avoid any injury and gradually once you build strength you can move away from the wall.

Why to: This pose inverts the flow of the blood completely towards the head, giving rest to all the organs in the body. In Headstand, the crown of your head is on the floor, which means it is grounded and connected to the earth. An effective and a sure shot way to create awareness and balance in the crown area, this pose will restore the flow of energy in your body.

Nadi Shodhan Pranayama or Alternate Nostril Breathing

How to: Connected to the two hemispheres of the brain, our nostrils are gateways to reservoir of charged energies. This breathing practice or Pranayama balances and activates the Ida and Pingala Nadis. Sit in an easy pose and start by forming a Nasika Mudra, i.e. First two fingers folded and last two fingers and thumb stretched out.

Place the thumb on the right nostril, and inhale from the left nostril, hold your breath for 2-3 seconds. Now close the left nostril with the last two fingers and exhale from the right nostril. Again, inhale from the right, close

the right nostril with the thumb and then exhale from the left. Repeat the procedure for 5 to 7 times on each side.

Why to: Nadi Shodhana pranayama helps to bring the mind back to the present moment and is an excellent breathing technique to calm and center the mind. It regulates the breath, increases the psychic abilities of the practitioner, and also balances both the hemispheres of the brain.

Other advance poses that activates and stimulate the crown chakra are Wheel Pose or Chakra Asana, Hand Stand, Crane Pose or Bakasana, Lotus Pose or Padamasana; King Pigeon Pose.

Jewelry and stone for Crown chakra

Crown Chakra jewelry collection is made with Amethyst and Purple Agate gemstones that represent and energize your center of consciousness and spiritual awareness, also known as Sahasrana. The crown chakra is also known as the Seventh chakra, it's located above your head, and it's represented by the color violet or purple, which acts as a protector to people seeking to live a more spiritual life. Wear Crown Chakra jewelry to help in your connection to a higher power and spiritual growth.

Lifestyle and diet consideration

The best lifestyle habit for crown health is prayer or meditation. Prayer is simply expressing your inner thoughts about life and asking for guidance. Meditation reduces mental clutter and allows you to follow inspirations when they come. I believe that meditation is the best thing you can do for achieving both a meaningful life and a healthy and balanced crown chakra.

The crown chakra focuses more on fasting and detoxing than it does on food. It focuses more on the spiritual aspect of our bodies; our minds. Detoxing can help our bodies flush out toxins, boost our energy, and clear our mind. Meditation and yoga is an excellent way to strengthen and heal the crown chakra. It can teach us to live mindfully and take some quiet, peaceful time for ourselves amidst our chaotic lives. Meditation herbs or essential oils such as sage, lavender, frankincense, and juniper are wonderful in balancing this chakra.

Mantra for Crown chakra

The mantra for your crown is "ALL". For the crown energy center, chant all in a row, "LAM, VAM, RAM, YAM, HAM, OM, ALL" in one breath, inhale, and repeat as many times as I care to, usually a total of 7 times. The first five mantra sounds all rhyme with "mom"!

Chakra Meditations

The Science Behind Chakra

Chakra meditation is a powerful form of spiritual enlightenment which focuses on the 7 specific energy points in the body. Each energy point relates to certain aspects of our lives which can be enhanced and improved through meditation.

Whether you realize it or not, your Chakras are at work within your body constantly. They influence your mental as well as your physical state. By paying special attention to these areas, you can influence them to improve certain aspects of your life. As already discussed above, let us take have an overview at each of the 7 Chakras in detail and which areas of your body and life they can influence:

The Root Chakra: This is the first Chakra, located at the very base of the spine. It symbolizes the energy of the earth flowing into the body and is the

correlation between our physical presence and the material world. The colour synonymous with the Root Chakra is red and it is associated with health, protection and well-being. Meditating on this Chakra or the colour red will enhance these areas in your life.

The Sacral Chakra: This Chakra is located just above the Root Chakra, in the lower part of the abdomen. It signifies energies associated with sexuality, happiness, love, compassion, sympathy and understanding. Its corresponding colour is orange. Feelings associated with giving and receiving are tied to this Chakra. Meditating on this Chakra or the colour orange will allow you to control emotions.

The Solar Plexus Chakra: Located above the Naval Chakra just below the chest, this point focuses on willpower and self-transformation. The power of the subconscious mind, discipline of the ego and ability to control one's self all emanate from this Chakra, which is associated with the colour yellow. Meditate on this one to control your external circumstances as well as your self esteem.

The Heart Chakra: Associated with the colour green, it signifies energy associated with kind nature, forgiveness and unconditional love which extends beyond the physical realm. This Chakra is located in the middle of the chest and centres around perseverance, harmony and patience. Meditating on this Chakra will allow you to heal pain through the power of love.

The Throat Chakra: Located just below the chin in the throat. It symbolizes the power of all forms of communication and how qualities like truth, nobility, character and wisdom can be conveyed with the correct purpose and respect. It is associated with the colour sky blue and also revolves around extra sensory communication. Meditating on this Chakra will allow you to express yourself truthfully at all times.

The Third Eye Chakra: Symbolizes intuition, insight, instinct and how the mind perceives the soul. Concentrating on this Chakra will give you peace of mind and stimulate your imagination. The colour synonymous with this Chakra is indigo and relates to spiritual guidance and direction. Meditating on it will allow you to access the path to your inner wisdom.

The Crown Chakra: The northern most Chakra in the body, located at the top of the head. It signifies the relationship between the conscious mind and its surroundings. The highest powers of the mind and spirit can be reached

by meditating on this Chakra. Its associated colour is violet and it also serves to encompass the entire body within the realms of spirituality.

By concentrating on each of these Chakras in turn, great strides can be made towards empowering yourself with the ability to control the physical and non-physical elements of the body. All of the Chakras absorb and emanate energy. Meditation is the process by which this transference of energy takes place.

When all 7 Chakras have been energized, the body and the mind become one. This is when they can be most influenced to enhance or improve your life, by thinking and meditating on positive outcomes.

Master your inner self through understanding your Chakras, concentrating on each one. Starting with the Root, work your way upwards. Using this form of meditation regularly will help you understand yourself and give your life purpose.

How Chakra meditation works

Chakra meditation uses the power of your mind and your ability to visualize to change your energy. Your mind can affect energy.

Chakra meditation helps you to keep your mind focused and leads you through each chakra. You are guided to perceive each chakra in the meditation.

Sometimes I have students who have trouble seeing or are still working on opening up their clairvoyance skills. This is okay if you can't actually see your chakras psychically.

You don't need to in order to have chakra meditation be effective for you. In these cases, I ask my students to feel, imagine what they think their chakras look like, or just know what that particular chakra is like.

However you perceive is fine. It's the intention and the focus that are important in clearing your chakras.

If you find there is one particular chakra that is harder to visualize or takes longer to clear, it means that there a particular resistance in the energy field. Sometimes it's a belief about ourselves or the world that we hold to stubbornly. Other times it's because we habitually neglect our own needs of rest and relaxation.

If you have trouble visualizing the colour, you might want to pick up some bright paint chips, one for each chakra colour and have it with you for the chakra meditation. You can use them as reference as you need to.

Root Chakra Meditation

This meditation activates the first chakra center and is strongly grounding to the mind and emotions. Sit in a comfortable position, either cross-legged on the floor or in a chair. Sit up tall with the spine straight, the shoulders relaxed and the chest open. Rest the hands on your knees or in your lap with the palms facing up. Relax the face, jaw, and belly. Let the tongue rest on the roof of the mouth, just behind the front teeth. Allow the eyes to lightly close. Breathe slowly, smoothly and deeply in and out through the nose. Breathe deeply down into the low belly, all the way down to the perineum. Bring your awareness to the 1st chakra, Muladhara, located between the tip of the tailbone and the bottom of the pubic bone. Notice any

sensations here as you take a few slow deep breaths in and out. Then inhale and engage Mula Bandha by contracting the muscles between the pubic bone and tailbone and drawing the perineum up towards Muladhara. Keep your focus on feeling Mula Bandha and Muladhara as the breath flows in and the muscles contract. Feel the spine lengthen up as the feet and legs ground down. If comfortable, hold the breath in for 1-2 seconds. Then release Mula Bandha and exhale the air out through the nose. Repeat for 3-5 minutes, working on increasing the contraction of Mula Bandha if comfortable. Return to a slow deep breath with awareness of Muladhara without engaging Mula Bandha. Feel any sensations here as you take a few slow deep breaths in and out, noticing any changes. Breathe deeply into Muladhara for 3-5 minutes. To end, gently let the eyes blink open, inhale the palms together in front of the heart, exhale and gently bow. Take a moment or two before moving on with the rest of your day.

Sacral Chakra Meditation

Sit in a comfortable cross-legged position with your spine straight, or lie down in Savasana, Corpse Pose. Take a few deep breaths through the nose to center yourself and to start calming the mind. Bring your awareness to pelvic area and imagine a ball of bright orange light there. Keep breathing deeply and steadily through the nose. Visualise the ball of orange light growing, expanding and strengthening with each inhale. You may feel the orange energy swirling clockwise and you may experience warmth or tingling in the pelvis and/or lower back. Keep breathing. Maintain your awareness on the energy and keep working on expanding it, for as long as you can. When you wish to come out of the meditation, give gratitude for the experience and resume your day.

Solar plexus chakra meditation

Begin with several minutes of deep breathing, and then once you're suitably relaxed and focused you can move onto a visualization stage that helps you access the solar plexus chakra: Turn your attention to your upper abdomen, where the solar plexus chakra resides. Picture a round sphere of glowing yellow light in the center of the upper abdomen, and slowly concentrate on making the energy wider and brighter. Imagine the sphere rotating (clockwise) as it grows, and feel the area becoming warmer and more relaxed as you do this. After 3-5 minutes, let the energy dissipate throughout your body, take a few deep breaths again and open your eyes.

Heart chakra meditation

Find a comfortable, relaxing place where you won't be disturbed. Sit and breathe in through your nose and out through your mouth for a few minutes. Feel your body relaxing as you do this. Imagine that you're drawing green energy up through your body towards the heart, starting at the base of the spine and moving upwards. Picture that energy solidifying into a bright ball of green energy sitting at the level of the heart chakra. As you inhale and exhale, see that ball becoming bigger and brighter. Focus on tuning into feelings of love for yourself and others, letting the green energy radiate through your whole body. Emerge from the meditation after 3-5 minutes.

Throat Chakra Meditation

This meditation is called Bramahri and you hum like a bee! It calms the mind, it cleanses, opens and heals the throat chakra. It also creates a pleasant and healing vibration in the body and promotes blood flow to the brain. Sit in a comfortable cross-legged position (or on a chair) with your spine straight. Place your palms on your knees. Close your eyes and start turning your attention inwards. Take a few deep breaths in and out through the nose

to center yourself and to calm the mind. Bring your awareness to the breath, to its natural rhythm. Keep the eyes closed and bring the index fingers on the cartilage of the ear (between the cheek and inner ear). Take a deep breath in and as you breathe out, press very gently on the cartilage while making a loud humming sound like a bee. Repeat until you feel a vibration building up in your throat and skull. Eventually, you will feel the vibration in your whole body. Release your hands to your knees, maintain the eyes closed a little longer and notice the effects of this breathing practice on your physical, mental and emotional body. Exploring yoga poses to soothe and open the throat is integral to my personal yoga practice and my teaching. Giving your throat and neck a little extra love, help balance energy in communication, self-expression and creativity.

Third eye Chakra Meditation

Sit comfortably and close your eyes. Inhale and exhale ten times, slowly and deeply. Focus your attention on the location of the third eye chakra, imagine a violet sphere of energy in the middle of your forehead. Remember, purple is the third eye chakra's color. As you continue to breathe slowly and deeply, picture the purple ball of energy getting bigger and warmer. As it does, imagine it purging negativity from your body. Think of yourself of absorbing the third eye chakra's energy—allow yourself to feel it all over. Open your eyes when you feel ready. As you may have guessed, yoga can also be helpful when learning how to balance your chakras. Third eye yoga poses include the child pose and the eagle pose. You can find pictures and videos that will guide you through these straightforward positions. You may notice 3rd eye chakra opening symptoms soon after!

Crown Chakra Meditation

Sit in a comfortable meditation pose with your legs crossed and your back straight. If working in a group, sit in a circle. Rest your hands in your

lap, palms upward, with your left hand on top. This is the mudra (hand position) for receiving energy. Close your eyes and let your breathing become slow and even. Visualize a thousand-petalled lotus at the crown of your head. Imagine its petals gently opening to reveal an intense light. Let this divine light flow down into you through your crown chakra. Repeat one of the affirmations below, or create one that has more meaning for you. If you are alone, say the words silently; in a group, you may wish to chant them out loud, in unison:

"I am surrounded and protected by divine light."

"This light nourishes my entire being."

"I am forever walking in the light."

"I grow stronger by tuning into the divine light."

Feel the light spiraling down your body. Enjoy the warm glow as it saturates your entire being. Let every cell be permeated by light and inspiration, and every part of your consciousness become illuminated. Focus your senses on the intensity of the light so that you not only see it, but hear, smell, taste, and touch it. Think of the light as a manifestation of your higher self, representing the peace that lies beyond understanding.

Feel like a pure channel for the light: allow yourself to be at one with it. In this state of oneness, intuitive thoughts and inspirations may enter your consciousness. Be thankful for this guidance. After 15 minutes, take a few deep breaths and open your eyes.

How to maintain harmony and balance in your chakra

1. Spend time in nature.

Sitting in the grass or walking barefoot is a great way to feel more connected and absorb the healing energy of nature. This will also help to keep you grounded and bring more peace into your life.

Even adding flowers or plants to your home will make a positive difference.

2. Practice creative visualization.

Clearing your mind from negative chatter is the first step to successful visualization. Once your mind is clear, try visualizing images that represent happiness or love.

For example, you could visualize a flower opening or a heart blessing each of your chakras.

3. Breathe deeply.

Breathing with intention is one of the easiest and most effective ways to restore your chakras.

To help bring your chakras into their natural and harmonic balance, every time you inhale, direct the energy of your breath to your chakra; exhale and allow awareness to settle into the chakra.

4. We are the right colors

Did you know that each of your chakras emits a different color? And each color represents a specific vibration?

Red color represents your root chakra, orange — your sacral chakra, yellow — solar plexus chakra, green or pink — heart chakra, blue — throat chakra, indigo or purple — third eye chakra, and purple or white represents your crown chakra.

So if you’re working on balancing the heart chakra, for example, make sure you wear green or burn a pink candle.

5. Practice gratitude

By now, you probably know that when you're in a state of gratitude, you instantly raise your vibrational frequency.

When you raise your vibration, you open your chakras and you start attracting more positive things in your life, like abundance, happiness, peace and even better relationships!

And speaking of relationships and manifesting more success… I have a really cool surprise for you that can help you become more well-liked, confident and respected.

Making friends or connecting with people can be intimidating, especially if you're naturally shy.

And unfortunately, this can become a problem not only in your social or romantic life, but also in your career's success as well.

How to perform your chakra meditation

Because your chakras are part of an intimately connected system, there is only so much work you can do on singular chakras. It's better to meditate on all of them to bring the entire system into balance. With time and experience, you'll get better at detecting individual imbalances and directing your meditation to focus on particular chakras.

To get started, all you need to do is find a peaceful place where you won't be disturbed for at least a half hour.

Sit comfortably on the floor with your legs folded in front of you. You can sit on a cushion if you find the position uncomfortable. Hold your spine erect but not stressed. Let your hands fall limp on your knees. Breathe deeply and evenly.

What you can do is visualize each chakra in turn, from the root to the crown. As you do, you should picture the energy flowing into and through that chakra. Use the color associations of each chakra provided above during your meditation.

Give each chakra patient attention and focus on it until you can see vibrant energy passing through it. Each chakra deserves several minutes for itself.

By the time you reach the crown chakra, you should have a clear mental image of positive energy flowing all the way through your body.

When you're first starting to explore chakra meditation, it can be tricky to keep track of the energy centers and colors you need to focus on. Guided meditation tools can be an enormous help here.

These are images, videos, or audio tracks (using the mantras listed above) that help you pace your meditation and keep you focused on the proper chakra.

Individual Chakra Meditation:

After you've successfully gone through a few meditation sessions, you should start to feel more sensitized to the energy flowing through your chakras. You'll start to tie your feelings and physical state into specific chakras. Now you may want to start concentrating your sessions on individual chakras.

Do not force this process; with experience, you should find it more or less natural for your focus to drift to the chakras that are most in need of

balancing when you meditate. You'll find that there are many specialized positions, breathing exercises, mantras, and gestures (mudras) available to help you concentrate on specific chakras.

Spirituality and connection to nature

1. Walk barefoot in nature

The root chakra, which is located at the end of your spine and which connects you into the Earth gives you a feeling of safety and protection when it's energetically strong. The quickest and easiest way to strengthen it is to simply take off your shoes and walk barefoot on the Earth.

The Earth's natural energy field is called "Schumann Resonance" and oscillates at 7.83 Hz. This is the energetic frequency your body thrives on and by making contact with it, your body and your energy centers will naturally go into a state of harmony and equilibrium.

2. Visualize the magical waterfall

If you cannot take a shower right away after interacting with stressful and energetically draining people or a situation, I suggest you practice the "magical waterfall" visualization. It's another one of my favorite ways to quickly cleanse my energy system.

Close your eyes and take a few deep breaths and simply imagine standing under a magical waterfall, which washes away any energies and impurities that don't belong to you. See and feel the warm water falling down onto your head, shoulders and running over your body until everything is washed away, leaving you energized and cleansed.

If you are new to visualization, it's important for you to know that you don't have to necessarily "see" everything clearly in your mind's eye for it to work. Just practice this visualization a few times and it will soon become second nature to you.

3. Visualize a Protective field around You

This is another simple, yet powerful exercise, which will strengthen your protective boundaries. However, before doing this visualization I strongly suggest you first cleanse your energy system as you don't want to "trap" energetic impurities in your system. Do this visualization when you are around lots of people, you are about to go into a particularly stressful

situation or simply to increase your energetic and emotional resilience over time.

Take a few minutes and close your eyes. Now try to feel and sense your aura. Again, this might be hard to do in the beginning but with a little bit of practice it will become easier. Try to sense where your energetic boundaries end. Sometimes, your aura can be so open that it almost fills up the entire room. Sometimes it is much closer to the body.

What you want to do is to visualize and imagine your energetic boundaries stretching outward a few inches around your body. Once you can feel or sense it, visualize the energy around your body as dense and of a protective color. I have found that dark blue and purple are especially protective and work really well but you can play with it. Go with your instincts and intuition and use whatever color works best for you. You want to train yourself in such a way that you can quickly and easily visualize the color around you so that you can quickly protect your energy field when you need it the most.

4. Take a sea salt shower or bath

One of my favorite ways to make sure my energy system is clear and cleansed is to simply take a shower with sea salt. Rub the salt into your skin while setting the intention to cleanse your aura, washing away anything that does not belong to you.

By using your intention, your consciousness directs the energy where it needs to go. You can also take a bath with sea salt. Simply add 4 cups of sea salt to the water and soak for 20 minutes. This simple method works like a charm and I guarantee you, you will feel better quickly. Since sea salt is such a good natural cleansing agent, I think this is the reason why so many people love swimming in the ocean. It’s a natural aura cleanse.

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5. Strengthen your Root chakra

If you don't have the opportunity to walk barefoot in nature, the next best thing is to take your shoes off (you can do this inside your apartment), put your feet on the ground and visualize a grounding cord from the soles of your feet right into the Earth's center.

Do this for a few minutes until you feel more grounded and more at home within your body. Being grounding in your body is a natural protection against other people's energetic influence.

Kundalini

Description

Everyone has an inner drive to excel or be special at something—to be unique. Sometimes people reach for this in negative ways. The underlying drive in all people, however, is one of evolution—to reach for enlightenment, to be God-like while still human. In the Upanishads, it is expressed: Dwelling in this very body, we have somehow realized Brahman [expansion, evolution, the Absolute, Creator, Preserver, and Destroyer of the universe]; otherwise we should have remained ignorant and great destruction would have overtaken us. Those who know Brahman become immortal while others only suffer misery. [IV, iv, 14/Swami Nikhilananda translation.] In the New Testament, Jesus answered: Is it not written in your own law, "I said: You are gods"? Those who are called gods to whom the word of God was delivered—and Scripture can not be set aside." [John 10:34-35/The New English Bible] We find that we are all called to go beyond our humanness toward greater heights. The Kundalini energy pushes each of us toward this goal of enlightenment—knowing the light, knowing God. In Tibetan Yoga and in other secret doctrines, it is expressed:

By means of Shakti Yoga [energy discipline], the Tantric yogin attains discipline of body and mind and then proceeds to the mighty task of awakening the dormant, or innate, powers of divinity within himself, personified as the sleeping Goddess Kundalini.... Then, from the mystic union of Shakta [at the top of the head] and the Shakti, is born Enlightenment; and the Yogin has attained the Goal.

Kundalini, a Sanskrit word meaning "circular power," is an individual's basic evolutionary force. Each of us is born with some of this energy already flowing. The amount available and usable determines whether a person has low intelligence, is a genius, or is somewhere in the middle. It is not just a matter of using what we already have, but of awakening the much greater amount waiting in the Kundalini reservoir located at the base of the spine. Kundalini is a natural force common to all of us. It is not a religion, although it is practiced by some religions and the process can enhance and develop each person's own religious beliefs.

Ancient Eastern literature contains a great deal of information on the Kundalini. This is not true of Western literature; but more is being written. As interest in the Aquarian Age grows rapidly and brings stronger energies to facilitate spontaneous Kundalini release, people in all walks of life, all ages and all levels of growth, experience Kundalini, regardless of cultural, philosophical or religious backgrounds. Little information is available for people who have not even heard of Kundalini and wonder at the causes of their physical, mental, or emotional suffering or breakdown. Even those in the growth and help fields do not have easy access to information for counseling those who release extra Kundalini before their systems are ready and experience problems on all levels of life, as if 220 energy suddenly coursed through their 110 units; fuses blow and circuitry melts. One reason for the lack of information is that many people, though knowledgeable, are concerned about the Kundalini power's potential for harm; they feel nothing should be done with it—no exercises and no training—because of the possibility that this awesome force will turn destructive. This attitude is much the same as that of people who say that if you don't educate children about sex, there won't be any problems. Another reason is that many people regard Kundalini as a new age fad.

Nothing could be further from the truth. Kundalini can be considered the oldest known science.

In previous ages people raised Kundalini under the guidance of teachers and in controlled circumstances, preserving what they learned as an esoteric knowledge. But we have entered a period of time in which the esoteric becomes exoteric. People whose Kundalini was raised without their knowledge, relating symptoms of their condition to others, were generally considered crazy or physically weak; they may even have considered themselves crazy. The process may entail great confusion and fright beyond the exhilaration and sense of being uplifted. It is evident from their writings that Christian mystics had experiences of released Kundalini, which they referred to as sufferings.

They understood the process as one which would bring union with God. Gopi Krishna has been a modem exponent of this evolutionary energy. His own Kundalini release came from meditation practices he undertook without prior formal training. He spent years working with and understanding what was happening to him. His experiences and writings have been very beneficial to others who have not had previous training.

Symptoms of early release

Since we are all individuals—with our own history, physical conditions, personal and spiritual development—Kundalini release acts differently with each of us. These are some of the symptoms which may indicate an excessive release of Kundalini, meaning before the system is ready:

- Unexplained illness;
- Erratic behavior;
- A feeling of "losing it" and difficulty coping with everyday life;
- Chills or hot flashes;
- Evidence of multiple personalities;
- Excessive mood swings: depression or ecstasy;
- Times of extreme dullness or brilliance;
- Loss or distortion of memory;
- Disorientation with oneself, others, work, or the world in general;
- Extremes in appearance (a person may fluctuate between looking years younger one moment and twenty years older a short time later);

Visual effects: seeing lights or colors, geometric shapes, scenes from past lives, or future events.

Purpose

Kundalini has its own sense of direction. Its natural flow is up the spine and out the top of the head; along that path it brings new awareness, new abilities, and transcendental states. Much as a plant reaches toward light, the Kundalini pushes us to reach for enlightenment; it removes any energy blocks in its way, thus causing symptoms such as those listed above. It will do its own thing. We can help or hinder the process.

A fully developed person will have exceptional paranormal gifts, great spiritual awareness and truly be considered genius or God-like. Each of us must deal with the Kundalini sooner or later; the more knowledgeable and ready we are, the more wonderful the experience will be.

How to release your Kundalini Energy

The release process: The Kundalini energy lies coiled at the base of the spine. Its release may be likened to waves, flames, pulsations or an uncoiling. The uncoiled portion seeks an outlet, normally through the spine up to the top of the head and out what is sometimes called the crown chakra. Chakra, a Sanskrit word meaning "wheel," refers to the various energy vortices on our etheric body. Sometimes the energy coils upward around the spine, again ending at the crown chakra. In the natural evolutionary process, a number of layers or waves are individually released during a lifetime, depending on a person's growth and readiness. The movement of the wave is so imperceptible most people are not aware of the activity, though they may be aware of some heat (energy movement) in the tailbone area prior to the release.

More sensitive people will feel the energy progress up the spine. They may feel pressure or pain as the energy encounters a blocked area; pain may also appear when the energy patterns are not normal. There are many layers of Kundalini waiting to be released. The action is similar to peeling off the outer edges of an onion. A person can release a few or many layers during a lifetime. People knowledgeable about the Kundalini force may choose to release more, thus speeding their evolution; in extreme cases, liquid fire or extreme heat may be released. The Kundalini, sometimes called shakti (divine spark of life force), begins its ascent from the base of the tailbone, where it is stored. As it rises up the spinal column and goes out the top of the head, it blends with the spiritual energy available in the universe. An energy combination then showers down over the body and travels throughout the system, aiding in refining and cleansing the cells. If the Kundalini is blocked in its upward flow by improper energy patterns or negativity, or by an improperly prepared or cleansed body, it may drop after several days and then begin a slow, painful ascent up the body again, cleaning and refining as it goes. This process can create much havoc and may cause physical, emotional or mental distress.

A person who releases a number of layers of energy at once may be in a beautiful state for days or even weeks- Such a person may have extra physical strength, beautiful new understandings, feelings of bliss or transcendental awareness, or a feeling of really having made it and achieving enlightenment He or she may even have a little spiritual pride. For most

people, however, this state disappears and the Kundalini begins its cleansing process; then the person wonders why things are now so difficult and where the wonderful "stuff" went. The latter is the usual Pattern of Kundalini release; it is not a matter of the person "messing up" their growth. When energy blocks are severe enough, blissful states do not occur; the energy goes immediately into the cleansing. Energy blocks are caused by locked-in attitudes or feelings or old emotional or mental scars. Poor posture and injuries can also create energy blocks. People who have prepared well by taking care of their bodies and raising spiritual awareness will accomplish Kundalini cleansing more quickly and easily; they realize benefits almost immediately and the Kundalini rising is a beautiful experience. But if the system is not ready for this powerful force, years may be required to complete the process.

Once released, there is NO TURNING BACK! It is impossible to reverse the process, though it can sometimes be slowed. If a person decides the growth is no longer desirable and tries to hold back this energy, congestion and illness may result, which may, in extreme cases, lead to death. One must learn to work with it, or in some cases just survive it, while the heavy cleansing takes place. The change is usually not a magical, total overnight operation; the energy may take as long as twenty or twenty-five years to complete cleansing and refinement sufficient for the psychic or spiritual gifts to unfold. When a person knows how to work with the energy, has a healthy body, mind and spirit and is ready, change occurs in a much shorter period of time. People in the midst of an active natural Kundalini flow, already using it, take less time to make the new Kundalini available for use. In each incarnation it is necessary to learn over again to control and use the energy. This is one of the main purposes of childhood; children need behavior and attitude guidance to use their energies appropriately. Permitting their energies to run uncontrolled causes problems in daily living and impedes further growth.

Cleansing the physical

One can use Kundalini on the physical level to achieve a healthier body. The technique of directing Kundalini having been learned, energy may be sent to different areas of the body for rejuvenation, healing and strengthening. Working with it, one develops a sense of how much to send to each area and how it works best. The exercise for Kundalini Movement and Chakra Cleansing on [page 55] is excellent for understanding how to guide the energy. Letting the Kundalini flow gently into the area needing healing—changing it to the quality of liquid silk—is very soothing; the frequency of the energy changes to one more conducive to general healing. Bathe a particular area in this energy. Next, diffuse the energy throughout the entire body. Several sessions a week will increase circulation, help release blocks and generally aid in maintaining a youthful body. Faced with a need for greater than normal physical exertion, fill your body with the power of Kundalini; breathe it throughout the entire body, let it flow through and then do the task. Practice with it to see how to handle and use it. When physically affected by the various aches and pains stemming from raised Kundalini effects, promote release with deep, peaceful breathing followed by massage in the affected area; allow thoughts and feelings to come to your consciousness. Such an open meditation can be most helpful. If you cannot, for some reason, massage the hurt area (perhaps it is too painful), focus your attention on that area instead; concentrate your energy there and go into the discomfort. Often the aches and pains will leave in a short while and you will develop a memory or awareness of what has occurred.

The Ultimate: The physical body, cleansed and refined by the Kundalini, will appear youthful and be very energetic. It will seldom be ill (or illness will be short), have great power, and be capable of paranormal feats.

Our feelings emanate from the emotional body. We feel anger there, frustration when our needs are not met. From the emotional body we learn to give and express love and caring, thus fulfilling our needs to be in relationships. The emotional body is very demanding; seeking fulfillment, if not directly, through various hidden ways. Feeling depleted or unable to express, it may seek gratification and balance in smoking, eating certain foods, irrational behavior or any number of other ways. When we keep direct contact with our emotions we can deal with these in better ways.

Cleansing the Emotional

As the Kundalini cleanses the emotional area, one may find that emotions are out of proportion to a given situation. There may be crying spells or other emotional states without apparent reason; the Kundalini is simply hitting a block full-force. One's usual reaction is to block again; it is much better to enter an open meditation, allowing thoughts and feelings to surface, thus letting the block release. The block may be related to the feeling level either of a past life or an earlier experience from this life. It may also represent a present problem. Sometimes it even relates to things which have not yet happened but have only begun to manifest through the system.

Emotional control

Emotions and feelings are just vibratory rates; changing the rates, we can change our emotions and feelings. As an exercise, feel your sadness as deeply as possible. Now turn the sadness to joy and try to notice a change of vibrational quality. Do the same with fear, turning it into faith and courage. Feel jealousy; turn that into understanding your own needs. Turn pride into thankfulness. Take any emotional quality that is difficult for you, think of its opposite, and work with it in this manner. Learn to feel without getting caught in it. Keep a perspective on the situation by equalizing energies in the body. Feel energy in the back as well as the front; energy that remains primarily in the belly area creates a tendency in us to give far more attention to the feelings than they deserve. Massage the belly area and ask what is there that needs to be recognized; then move the energy into the entire body, to assimilate or eliminate it.

The Ultimate: After cleansing and refining, it is possible to have feelings without getting caught in them, to experience life without causing more karma and blocks, and to love without attachment. The emotional body will then give richness and depth to whatever you do.

The mental body contains matter which can vibrate at a rate similar to that of the creative force in our cosmos. It is where we begin to think, to

reason, to know, to create. Through the mental body we gather knowledge; through reason and logic, we apply that knowledge. It is also through this body that we set up rigid attitudes or structures in our system. Here prejudices are formed. The more rigid the matter in our mental body becomes, the more difficult it is to flow with life, to learn new ways of living and to acquire new ideas.

Cleansing the mental

While the Kundalini cleanses the mental body, a person may find strong, previously unknown prejudices or become aware of life-governing attitudes which have long determined actions and reactions.

Clearing the Brain

Concentrate on breathing through your nose, up into your head. Look into your head as you would look up into the heavens and observe the stars in the sky. What colors, what energy patterns can you observe?

Truth

Do the Deep, Peaceful Breathing, concentrating on the center of your forehead; visualize the word "truth" in that area. Breathe in and feel truth enter your entire system, flooding each cell. Try to hold this in the system, while doing the Deep, Peaceful Breathing, for at least two minutes. During Kundalini cleansing it is especially easy for untruths and misconceptions (which block growth) to enter your thoughts. If you have mental work to do but your energy will not flow, try dancing. Dancing is excellent for releasing Kundalini flow and will aid in the thinking and intuitive processes. Since mental work is often done in a way that is not conducive to good Kundalini flow—at a desk or a table, curved over your work, shoulders rounded and hunched, head lowered—try to improve your posture and take breaks in which you walk, dance or exercise. Kundalini flow to the brain is slowed when you are caught in emotional situations and relationship problems (common, in this age). Having faith that "this too shall pass," and gaining perspective on the situation, helps keep energy flow open to the brain.

The Ultimate: You will think and create in new ways and work with higher dimensions. Manifestation and other mental powers will be considered normal.

Aura

Science observes that galaxies are surrounded by massive halos of dark matter. Curiously a similar observation was made by a Hindu mystic, half a century ago. He too saw halos around galaxies - but they were anything but dark or invisible. He says:

"The divine dispersion of rays poured from an eternal Source, blazing into galaxies, transfigured with ineffable auras." - Paramahansa Yogananda, 1946

The term "aura" is frequently used in metaphysics to mean a colored radiation emanating from an object. Spherical halos around saints, as depicted in certain paintings, are considered auras around the head region. What were invisible halos to scientists appeared as a colorful aura around the galaxies to this saint, as he observed them half a century ago. Was he seeing what our scientific instruments could not see - the dark matter counterparts of these galaxies? Paramahansa Yogananda also observed in 1946 that the "astral luminaries resemble the aurora borealis". Based on plasma metaphysics, it is easy to see that the aura is generated in a similar process as the aurora.

The Aurora

Kristian Birkeland put forward the auroral theory which is now widely accepted by scientists. According to him, electrically charged particles ejected from sunspots are captured by Earth's magnetic field and directed along the field's lines into the polar regions. The charged particles follow spiral or helical tracks about the lines of force. The incoming particles excite the atoms and molecules in the air and ionize them - stripping them into their non-neutral constituents. This results in the colorful displays that are associated with auroras.

Birkeland used a simple device to prove his theory - he placed a sphere containing an electromagnet inside a large vacuum chamber, which represented the space around the Earth and its magnetic field. He then shot clouds of electrons toward this simulated Earth to produce a light phenomenon that looked like the aurora. This configuration is exactly the same as in a subtle body, as explained below.

Anatomy of the Subtle Body

According to plasma metaphysics, the subtle body is a body of magnetic plasma (or "magma"). It sits inside an ovoid which has a plasma "auric" sheath around it (equivalent to the sphere in the Birkeland device) and contains a magnetized central channel (equivalent to the electromagnet in the Birkeland device).

How is the Aura generated?

The aura that is radiated by a subtle body is generated by a procedure not unlike the one that generates the aurora borealis. There is a tendency for charged particles to follow magnetic lines of force. The energetic charged super particles (identified as "qi", "prana" or "kundalini" particles) rush towards the various nodes of the chakras (which contain intense magnetic fields) at very high speeds. They spiral around helical paths just before they

are absorbed by the chakras near the head and feet (the "poles") and other chakras around the body. While doing so, they generate a light phenomenon in the subtle bodies - very much like that of the aurora borealis.

Anyone who compares the Kirlian images (or representations) of human auras (or who can actually see them) with the aurora borealis will no doubt find a strong resemblance. However, while the aurora is a natural plasma light show comprising standard particles (i.e. particles described in the physicists' "Standard Model") - the aura is a natural plasma light show of super (i.e. supersymmetric) particles!

The electromagnetic processes that give rise to the aurora borealis are the same as those which give rise to the human aura. If this is accepted, then it also confirms that subtle bodies are composed of a magnetic plasma of super particles - which is currently classified under dark matter.

Protecting and Cleansing your Aura

Your aura is like your energetic protective force field that not only protects you, but it also allows you to shine your light outward. Have you ever felt someone's presence before even knowing they enter a room or say anything? It is probably because you felt their aura and what it is giving off.

Of course you want people to feel your True essence if you are someone who is not afraid for others to see who you truly are.

Your aura acts like an energetic magnet as well. When it is not cleansed, it can collect debris to the point that it gets weakened and not as proficient.

When your aura gets weakened, your body is susceptible to unwanted energy that can lead to sickness.

Energy Healers

Sometimes your aura can be broken down from pollution and smoke-filled environments, chemicals, computers, Internet, negative thinking and partaking in negative-like behavior or activities that lower your frequency.

Besides the pollution and environmental aspects, the negative thought patterns can actually be from years of built up unwanted energy that has unbalanced us emotionally and in all other aspects as well. A great and effective way to change these patterns is to ask for Divine guidance to assist us in letting go of all energetic baggage. This will help us break old patterns and cycles of behavior that do not serve us anymore.

Sea salt bath

Salt and water are both great and natural purifying and cleansing agents for energetic debris.

Fill a bathtub with warm water and place a couple hand-fulls of salt (sea salt, bath salts, etc) in the water to dissolve.

Lay in the bathtub with the intent of all energetic debris being released and your aura strengthening and being cleansed.

As this process is happening, why not make it a meditative moment with soft music and candles. Just relax!

Cold water showers

Cold water is another natural way to cleanse our energetic field (chakras and aura). Not only does it cleanse the energy body, but it also does the following:

- uplifts the mood
- boosts energy levels
- speeds up the healing process
- improves circulation
- detoxes your body (removes toxins)
- helps to clear negative thinking

Cold showers may feel uncomfortable at first, but you can actually build a tolerance to this. Make sure to only do these a few seconds at a time at first and then build up to minutes at a time. Try not to shock your system.

CONCLUSION

Chakras and other body energies regulate your body energy levels, and how energy moves throughout. Chakras influence our decisions we make. Although Chakras are not a "physical" element of the body, they do have many physical influences. They interact with the body through the glandular or Endocrine System. Chakras are assigned to seven Endocrine Glands as well as with groupings of nerve bundles called nerve plexuses.

The Chakras correspond with states of consciousness, personality types and endocrine secretions. Science is now confirming that different colors interact with the endocrine system of the body to stimulate or inhibit hormonal production. Hormones directly affect our physical, emotional, and mental states. In fact, color travels through the eyes directly to the brain's hypothalamus and through the Supra Chiasmatic Nucleus to affect over 400 various functions within the body.

Color therapy is often used to treat the Chakra system through various treatment methods. By knowing your personal colors and your own Chakra system, you will be able to enhance your health, your life reactions and decisions, and your overall quality of life.

To be able to harness the properties of color, light is the natural tool of choice for color therapy. Energy Healing has been around for Millennia. The shamans and healers and priests of countless world cultures already know the power of vibration. However, modern man is just catching up. The scientific study of Energy Healing is in it's infancy and it's surprising how little research has been done. What we have done is compile as much of the existing research as we could into this section, and added in our own studies.

Despite the truly astounding discoveries that have been made about the science of energy healing, the traditional scientific and medical communities still seem to regard energy work as a theoretical and fanciful concept. It's time for that to change!

As Seven Chakras are 7 specific energy center points in our energetic fields. When the chakras are balanced energy flows into and out of each of these 7 centers harmoniously. When they are out of balance the energy can become blocked in one or more of the chakra points. This causes the energetic patterns of the body to flow too quickly or too slowly. The concept

of chakras comes from India and is thousands of years old. Extensive references to the chakra system are in the Upanishads, the Hindu holy books written in 1000 BC. Modern medicine has yet to validate the subtle energetic centers of the chakra system, but we're hoping they catch up soon. In the meantime, those who have balanced their chakras know how powerful these energy centers are.

The end.

Note from the author :

Thank you for reading this book. We have also created a - Guided Meditation for Chakra Awakening by Healeanor Crystal, that you can find on Audible. If you are a beginner, I suggest you follow that one combined with all the knowledge in this book, for faster results.

Reiki for beginners

The comprehensive Beginner’s Guide to Learn Reiki, Self Healing and improve your energy level.

Healeanor Crystal

Introduction

Reiki is a Japanese healing technique that is used to aid the body's natural healing ability, stress reduction and relaxation. It is administered by "laying on hands" to transmit the unseen "life force energy" that flows through us and into a patient. If a person's "life force energy" is low, then they are more likely to get sick or feel stress. Where as if it is high, they are more likely to be happy and healthy. Reiki is an intelligent energy that knows to target the area where healing needs to happen. Reiki knows to bring harmony back where harmony is lost. It is important to know as a practitioner not to force a Reiki treatment. Reiki will bring the results that are needed, not what you try to force.

For this reason it is important to remember that as a practitioner, it is your job to transmit this life force into a recipients bodies, even concentrating on specific areas. However it is not your job to control what Reiki does. Reiki will flow in accordance to the highest benefit of the recipient. Reiki will flow and heal with the ultimate purpose of restoring harmony.

It is also important to remember that a practitioner should be trying to heal the source of the problem, not the symptoms. This should be the intention and front of mind whenever a Reiki healing session is taking place. For example, imagine a person with back pain seeks out a Reiki healing session. Is it more prudent to just concentrate on pain relief, or to heal the source of this pain? Remember that removing the cause also removes the effect.

Symptoms may not disappear straight away, it's important that a person receiving Reiki understands this. Do not be discouraged and keep attending Reiki sessions. Time is a healer and it's important to remember this when having Reiki administered. Reiki for beginners primarily focusses on self-healing. As you progress through your Reiki journey you may want to learn about administering Reiki to someone else. This happens after Reiki level 2 where you will become attuned to performing Reiki on other people. It is important to remember that when you offer Reiki to someone else that you correctly explain the nature of Reiki healing.

This is basically explaining what you learnt above. Reiki heals sources, not symptoms. This will not happen right away but may take many Reiki sessions to fully address the root of the problem.

Secondly it is important to make a patient fully aware of the ‘cleansing period’. This is very similar to what you yourself experienced after attunement in Reiki for beginners level 1, or even after level 2. Symptoms can grow stronger as the patient’s body and mind joins in with the self-healing mechanics of Reiki. Explain that a person can experience changes across their life and that sometimes these may be intensive. They may notice signs in their lives that tell them what paths or directions they should be taking, what is not aiding their lives in anyway and would be better off stopped, who contributes and who takes away from their lives. It is important to explain these in detail otherwise a patient might get scared and stop Reiki treatment.

Also, try to determine if a person really wishes to be healed. Some people just don’t want to get better for whatever reason. Have a long discussion with the patient and determine what their intentions are. If a person does not wish to be healed then Reiki will not have an effect on them. Whether you are interested in finding a practitioner to receive Reiki treatment, or you’re seeking a practitioner to receive training, it’s important to have a general idea what to expect. First, recognize that Reiki is not a cure-all answer to health and wellness. It is commonly referred to as “laying of hands,” a process by which practitioner channels the natural life force energy that surrounds us, into a subject (I say subject because it works on all living things, not just humans).

This treatment is offered as a compliment to several methods of healing. It works on both the physical and metaphysical body to remove blockages of energy within the system.

To receive treatment requires the permission of the subject. Even when we do not realize it, if we are uncertain of our surroundings, we create blockages which prevent energy from reaching us. A subject must be willing to accept the energy in order for it to work. Most practitioners also require payment for their service.

This is commonly made in the form of money, but special arrangements are sometimes made for a different exchange. The point of this “exchange” is to serve as a balance for the energy transferred.

We tend to think of “energy” as a free-flowing, usually invisible field around us. Yet the purpose of Reiki is to provide balance to that field. This requires an exchange be made as “payment” for receipt of this energy. It is no different than receiving a gift for one’s birthday, and sending a card to say “thank you” in acknowledgement of the gift. How you and your practitioner define “payment” is at your discretion.

Training in Reiki is a different path. It is becoming easier to search online and find classes offered by Reiki Masters where one may become certified in Reiki. Again, these classes are often compensated for with payment in the form of money. However, the payment for the class is up to an agreement between the Master and the student.

Usually there is more than one student in a class. This is very beneficial because each practitioner experiences this journey in his or her own way. It is important for each student to witness the experience of others to gain understanding of this journey. In turn, they will be able to relate to their subjects as they are treated, and experience different results

Some trainings usually take a whole year while you meet once in a month for several hours at a time. This, just as any other practice, is not something learned over night. It requires study, patience and ultimately a willingness to use what’s been learned for the betterment of those around you. If you are considering taking a class to become a practitioner, I encourage you to speak with the teacher for some time before choosing to commit to the process. Reiki healing is very easy. Reiki Healing and Love will flow without any effort on your part. Place your hands on you self and others and experience Reiki Healing for yourself. How you begin your practice of Reiki is up to you as there are no set in rules for learning Reiki.

During the Reiki Attunement or after being attuned in Reiki you may notice "Sensations of energy, light, colors, or just feelings of general positivity and peace, or you may experience particularly vivid dreams. However it is perfectly ok to have noticed nothing unusual yet, as these sensations are not an indication that the attunements have been given. We

always experience the Reiki Energy in our own unique way, and you may only start to experience it consciously after some practice."

History and Origin of Reiki

The Reiki method of healing was founded on the revelation and understanding of the body's energy system. Reiki Practitioners strive to improve health and quality of life by offering Reiki energy and restoring balance. Reiki is used in self-care, for care of one's family, and is offered in private practice and in hospitals and medical settings as an adjunct and supportive therapy to wellness and traditional medical care. The form of Reiki that many people practice today, Usui Reiki, has been in use for over one hundred years.

The Founder of Reiki

The history of Usui Reiki begins with its founder, Dr. Mikao Usui. Sometimes called the Usui Sensei, Dr. Mikao Usui was born to a wealthy Buddhist family in 1865. Dr. Usui's family was able to give their son a well-rounded education for the time. As a child, Dr. Usui studied in a Buddhist monastery where he was taught martial arts, swordsmanship, and the Japanese form of Chi Kung, known as Kiko.

Throughout his education, Dr. Usui had an interest in medicine, psychology and theology. It was this interest that prompted him to seek a way to heal himself and others using the laying on of hands. It was his desire to find a method of healing that was unattached to any specific religion and religious belief, so that his system would be accessible to everyone.

Dr. Usui traveled a great deal during his lifetime. He studied healing systems of all types and held different professions including reporter, secretary, missionary, public servant and guard. Finally, he became a Buddhist priest/monk and lived in a monastery.

The Spiritual Awakening and Development of Reiki

Sometime during his years of training in the monastery, Dr. Usui attended his own training rediscovery course in a cave on Mount Kurama. For 21 days, Dr. Usui fasted, meditated and prayed. On the morning of the twenty-first day, Dr. Usui experienced an event that would change his life forever. He saw ancient Sanskrit symbols that helped him develop the system of healing he had been struggling to invent. Usui Reiki was born.

After his spiritual awakening on Mount Kurama, Dr. Usui established a clinic for healing and teaching in Kyoto. As the practice of Usui Reiki was spreading, Dr. Usui became known for his healing practice.

Further development of Reiki

Mikao Usui founded his first Reiki clinic and school in Tokyo in 1922. Before he died, Dr. Usui taught several Reiki masters to ensure that his system would not be forgotten. Among them was Dr. Chujiro Hayashi, a former naval officer who set up a Reiki clinic in Tokyo.

Dr. Hayashi is credited with further developing the Usui system of Reiki by adding hand positions to more thoroughly cover the body. Dr. Hayashi also changed and refined the attunement process. Using his improved system, Dr. Hayashi trained several more Reiki Masters, including a woman named Hawayo Takata. Mrs. Takata was a Japanese-American woman who originally went to Dr. Hayashi for healing. Upon learning the system herself, Mrs. Takata took Reiki home to the United States.

Spread of Reiki to the West: Hawayo Takata was Tokyo in 1935. Mrs. Takata was very ill and in need of surgery, but she strongly felt through her instinct that she didn’t need that surgery to be healed. After asking her doctor about alternative treatments for her condition, she was told about the Reiki practitioner in town. Mrs. Takata had never heard of Reiki, but she made an appointment, even though she was slightly skeptical. Following her initial meeting with Dr. Hayashi, Mrs. Takata saw Dr. Hayashi on a daily basis. She found the sessions to be relaxing and pleasant and, ultimately, healing.

As time passed, Mrs. Takata learned Reiki One and Reiki Two. When she returned to the United States, Mrs. Takata continued to practice Reiki and eventually became a Reiki Master. Much of this happened near the beginning of World War II.

Mrs. Takata wanted to spread her system of healing to others. She made changes to her Reiki practice, then used Reiki to help heal others in the United States.

Modern Reiki

Before he died, Dr. Hayashi managed to impart all of Dr. Usui's teachings onto Mrs. Takata. She continued to practice Reiki for many years. When she died, she had attuned 22 Reiki masters.

Today, people who practice Reiki use the methods developed by Dr. Usui, the founder of Usui Reiki. The genius of Reiki is that practitioners can utilize Reiki to help heal themselves and for their own wellness and enhanced well-being. In fact, working on self-healing is a prerequisite for offering Reiki healing to others. Modern Reiki masters can offer the Reiki energy to others through gentle static light pressure touch using the specific traditional Reiki hand positions and even over long distances like prayer is offered. Reiki healing complements many medicinal therapies and traditional medicine and can be used to help assist in the potential healing of people suffering from pain, illness, disease and more. Modern Reiki is becoming more popular as time goes on, and the lineage of Reiki masters is growing every day. With the return to Usui Reiki, many people are using this traditional hands on therapy to heal themselves and others

The Basics of Reiki

Reiki is an energy healing art which is so ancient that we don't actually know when or how it began. What is known is that has been around for thousands of years, apparently first developed in Tibet, and it was practiced by the shaman of each area or tribe, and was handed down from generation to generation. Sadly, this powerful healing art remained known in only that small portion of the earth, and was not even widely known in Tibet in recent centuries. In the 1800's, a man in Japan named Dr. Mikao Usui devoted nearly 30 years of his life, studying with the Reiki masters in Tibet, as well as studying other energy healing arts in various places, including pranic energy healing in India. He revived Reiki as a healing art, and he became widely known in Japan for his powerful healing treatments which were as effective as acupuncture. He began training other people in the art of Reiki healing, and opened a clinic which became extraordinarily successful. Dr. Usui's form of Reiki is known as Usui Reiki (no surprise!), and it is now the most common form, although Tibetan Reiki is increasingly more common. The first Westerner that studied at Dr. Usui's clinic was a lady from the U.S. (Hawaii) named Hawayo Takata, who studied Reiki in Japan in the 1930's, but who only began to teach it to others much later in the 1970's (in Hawaii). From there, it spread to the mainland U.S. and beyond to the world. Since the 1970's, Reiki has become ever more widely accepted as a legitimate and effective method of healing by the traditional world of medicine. Reiki is offered these days in major hospitals around the U.S. and other countries, including prestigious Harvard University Medical School Hospital.

How does Reiki work?

Reiki treatments, as practiced in major hospitals, clinics, and by individual Reiki Masters, are effectively applied in order to:

- Treat the symptoms and the causes of illness

- Promote natural self-healing of injuries
- Strengthen the immune system
- Balance the energies of your body's organs and functions, to promote wellness
- Release blocked or suppressed feelings, to promote emotional & spiritual peace
- Enhance your ability to meditate
- Enhance spiritual growth and self-awareness and creativity
- Balance your energy centers (chakras, aura) for general Well-Being, happiness, empowerment
- Relaxes you and reduce stress
- Help you love yourself more
- Help you love your inner child more
- Balance & strengthen your emotional state
- Promote self-power through the power of love
- Promotes self confidence

"Rei" means Universe, or God Consciousness. "Ki" means Chi, or Life Force Energy.

"Reiki" means, basically, the life force energy of the universe, or of God (in Japanese).The Life Force Energy of the Universe is all around us, in us, moving through us, it is us, it is God, it is the Source of everything that exists, it is our very reason for existing, it is the very energy that is life.

Quantum physics (since Einstein 100 years ago) says that everything, is ONLY pure energy, and that what we see as the physical world is ONLY an illusion. That the physical world, our body, are things that we actually create

to appear the way that they do, at every moment that we look at things or ourselves.

Quantum physics has proven that we ourselves are ONLY pure energy, that the physical being that we see in the mirror is only an illusion, that we are ONLY energy. It has proven that we are composed of the same exact energy that makes up the entire universe, which is the energy of the Source of life itself. Reiki treatments focus this universal life force energy (Chi) on your body and your spiritual being, allowing you to receive additional life force energy.

This strengthens the body and your emotional state in order to promote self-healing, it reduces stress, brings emotional balance and deep peaceful relaxation. Reiki enables a better quality of life as a result. Reiki is similar to other ancient energy healing arts such as traditional Chinese acupuncture, Chi Gong, Tai Chi, Hindu Pranic Healing, and others. It is also known to be a way of gaining powerful spiritual development as well as impressive personal growth.

A Reiki Master treats the fully-clothed patient by placing his hands in 12 positions along the energy pathways and energy centers of your body which correspond to your energy system. These energy centers are called Chakras. The hand positions that are similar to some of the places of focus in acupuncture.

For a Reiki Distance healing, I place my hands in these positions on you in a virtual way, while you're on the phone with me, or while you're meditating, or even while you're sleeping. A Reiki Master does not use their human energy for healing - we channel directly from the benevolent nourishing Universal Source, the Life Force Energy of the Universe, of God.In addition to the powerful Reiki Healing techniques and symbols, use your psychic skills of vividly tapping into Source, and shamanic breathing (holotropic breathing), to strengthen the amount and the intensity of the nurturing blissfully euphoric healing energy that I channel into your being.

How to increase your power

Be in a quiet, meditative place without interruptions. Let go of any thoughts, and allow yourself to just FEEL good – feel the blissful connection to Source, to God, to Goddess, that you likely remember having felt before, feel it now.Visualize the space around you filled with sparkling, euphoric, blissful, love-filled, light, the energy of The Creator, the energy of Source. Know that you are also made up of this same energy, just as everything in the entire universe is pure energy in its essence.

Be aware of the 3 feet of space in all directions around you, which is the boundary of your own energy space, the edge of the energy that is you - a large cocoon-shaped space of energy, 3 feet in all directions.

Own it powerfully, be it intensely, and fill that space up with as much awareness and strength and power and intensity and density of being YOU that you can imagine!!Focus for at least 60 seconds on making the energy space that is you, as densely filled with your being and your energy, as you can imagine – make the light be as thick as gel.

Then, be aware of the room that you are in, and expand into the room, and fill ALL of the room with the same level of awareness and strength and power and intensity and density of being YOU that you can imagine!! Feel what it’s like to touch that cold hard corner of the ceiling, BE the whole room, fill it with YOU as thick as gel. NOW, bring ALL of that energy which just filled the room, back into just the 3-feet cocoon-like energy space that is YOU. Notice how much stronger you feel, that you’re lighter, more confident, more connected to Source. Next, expand into TWO rooms, fill them BOTH with that same level of awareness and strength and power and intensity and density of being YOU that you can imagine.

Feel what it’s like to touch that piece of furniture in the next room, or the lamp fixture on the ceiling of this room, BE the whole of both rooms, fill them with YOU as thick as gel. NOW, bring ALL of THAT energy back into just the 3-feet cocoon-like energy space that is YOU. Notice how you feel

even more powerful, more strong, even more light, more confident, more connected to Source!!You can keep expanding to your whole apartment (or house), then back to your 3-foot space, then your whole block, and back to your 3-foot space, then your whole neighborhood, and back to your 3-foot space, etc.You can keep this up until you’re filling the planet, the solar system, the galaxy, etc.

You will find this very effective and powerful.

How to Love and connect with your Inner Child

Sometimes we are aware if the feelings that weren't loved enough when we were very young in those years when our personality was being formed and solidified. This exercise allows you to go back in time and bring that missing love to your 5-year old self. This works because, in truth, time does not exist, we can change the past, change our perceptions. Be in a quiet, meditative place without interruptions.

Let go of any thoughts, and allow yourself to just FEEL good – feel the blissful connection to Source, to God, to Goddess, that you likely remember having felt before, feel it now. Sit in a chair, hold a pillow in your lap. Then, visualize, and FEEL, the pillow as 5-yr old YOU, on your lap, hold her in your arms, put your cheek gently down on the top of his head, say to her “I love you”, say it with passion, FEEL how precious and innocent and sweet you were at that age, feel yourself as that beautiful little one, say to yourself “you are so beautiful, baby, you are precious, so pure, so sweet, so gentle, wanting so much just to be loved. Say to yourself, with so much passion, feeling, power and depth as you can allow yourself to feel.

Benefits and Limits of Reiki

Reiki is said to have multiple benefits and is applied for different needs, especially for clearing and tuning the chakras. One person may have a Reiki session to find relaxation from stress. A cancer patient might receive Reiki as a way to receive healing from the source. Some believe this energy comes from a higher power while others feel it comes from within. Despite these differences, many have experienced healing and the positive effects of Reiki.

Relieves pain, anxiety and fatigue

According to a review of randomized trials, reiki may help to reduce pain and anxiety, though more research is needed. It may also help to reduce fatigue.A 2015 study found that people being treated for cancer who received distant reiki in addition to regular medical care had lower levels of pain, anxiety, and fatigue. The use of reiki had been compared to physiotherapy for relieving lower back pain in people with herniated disk, both treatments were found to be equally effective at relieving back pains but reiki was more cost-effective and in some cases resulted in faster treatment.

Treats depression

Reiki treatments may be used as part of a treatment plan to help relieve depression. Researchers looked at the effects of reiki on older adults experiencing pain, depression, or anxiety and it reported an improvement on ones symptoms, mood and well-being. Reiki also brings about more feelings of relaxation, increased curiousity and enhances level of self-care.

Enhances quality of life

The positive benefits of reiki can enhance your overall well-being. Researchers has found out that reiki was helpful in improving the quality of life for women with cancer. Women who had reiki showed improvements to

their sleep patterns, self-confidence, and depression levels. They noted a sense of calm, inner peace, and relaxation.

Boost moods

Reiki may help to improve your mood by relieving anxiety and depression. People who had reiki felt greater mood benefits compared to people who didn’t have reiki. Reiki participants in a study who had six 30-minute sessions over a period of two to eight weeks showed improvements in their mood.

May improve some symptoms and conditions: Reiki may also be used to treat

- Headache
- Tension
- Insomnia
- Nausea

The relaxation response that happens with Reiki may benefit these symptoms. However, specific research is needed to determine the efficacy of reiki for the treatment of these symptoms and conditions.

May improve Memory and Behaviour

Reiki sessions has helped to improve the Behaviour and memory of people as a study that involves 24 patients with mild cognitive impairment and or and mild alzheimer's disease were carried out and reiki helped to improve their behavior greatly.

Reiki speeds up recovery from surgery or long-term illness

As it helps in adjusting to medicine/treatment, it also tends to reduce side-effects. For example, Chemo-therapy patients who received Reiki noticed a marked decrease in side effects from treatment.

Reiki can be an effective way to treat immediate problems

such as physical or mental illness (recovery from surgery, but regular treatments can also improve overall health. By helping to maintain a state of physical and emotional balance, Reiki can not only treat problems, but perhaps even prevent them from ever developing.

Limitations of Reiki

Just like the benefits of reiki there are also limitations, the limitations sometimes isn't through the lack of power but by the lack of imagination on the parts of some practitioners. Imagination is both creative and experimental; a part of the mind that we use used to develop theories and ideas which are vital to our development in the way we accomplish what we already know whilst developing new ways of doing things. The limits of reiki are stated below;

- Recipients absence or lack of receptiveness
- Channel could be limited to begin with, although channels get stronger with time and practice
- Regular sessions are desirable
- Cannot give distance treatment
- Needs other treatment in addition to reiki incase of serious illness
- Deliberate refusal of healing
- Should not be applied as sole treatment in acute emergencies but it's an excellent support in emergency nterventions
- Will need other form of treatments in addition to reiki in cases of serious illness
- Incase regular sessions are not possible the effect may not be very prominent

Reiki symbols and their unique uses

Many Reiki Masters consider the Reiki symbols holy and persist in the old Reiki tradition that they must be kept secret. The symbols should only be available to those who have been initiated at the Reiki 2 level. Many people today feel that this approach is no longer relevant as the symbols have been described in many books and freely available on the Internet. However, it is also believed the Reiki symbols and the information that can be read about them are of little value on their own.

In different tests it has been proven that the symbols have little or no use before a Reiki initiation. Students with no Reiki experience (but with psychic abilities) have been asked to memorize the symbols and then use them. The results differ from a control group will had the Reiki 2 initiation. The conclusion has been that it is the Reiki initiation as suchthat gives the Reiki symbols their power.The Reiki symbols are like keys which open doors to a higher mind. You can also see them as buttons, when you press the button, you automatically get a result. The symbols trigger a belief or intention built into the symbols to help the user to get the results intended. The different symbols also quickly connect the user to the universal life force. When a Reiki Master does an attunement and shows the symbols to the student, the form of the symbol is impressed in the mind and merges with the metaphysical energies it represents. When a Reiki practitioner draws, thinks about or visualizes a symbol, it instantly connects to the energies it represents.

Today, there are many different forms of Reiki, and some have incorporated their own symbols in the initiations. In “traditional” Reiki, there are three Reiki symbols given during the Reiki attunement. They are: The Power Symbol (Choku Rei) The Mental/Emotional Symbol (Sei He Ki) The Distance Symbol (Hon Sha Ze Sho Nen). The Reiki symbols are partly based on the Japanese writing system, Kanji. The symbols should be drawn or visualized as they have been taught during a Reiki 2 attunement. As more and more people get attuned to Reiki, this means that there can be a great number of variations between symbols taught by different Masters. This is

not really a problem as there is not 100% right or wrong way to draw them. The Reiki symbols given to a student will work however they look, as they incorporate the intention and the connection to the metaphysical energies they represent. Having said that, it is our belief that it is essential to keep as much as is physically possible to the original symbols as distortions over time are symptomatic of our need for healing in the first place.

THE REIKI POWER SYMBOL OF CHOKU REI

The general meaning of Choku Rei (pronounced Cho-Koo-Ray) is “place the power of the universe here”. The Power Symbol can be used to increase the power of Reiki, or it can be used for protection. See it as a light switch that has the intention to instantly boost your ability to channel Reiki. Draw or visualize the symbol in front of you and you will have instant access to more healing energies. Choku Rei also gives the other symbols more power when they are used together. The symbol can be used at any time during a treatment, but it is especially effective if it is used at the beginning of a session or when used at the end of a session to close and seal off the Reiki energies.

Remember it is always your intention that governs what happens. If you want to add new functions to the Power Symbol, then just have a clear

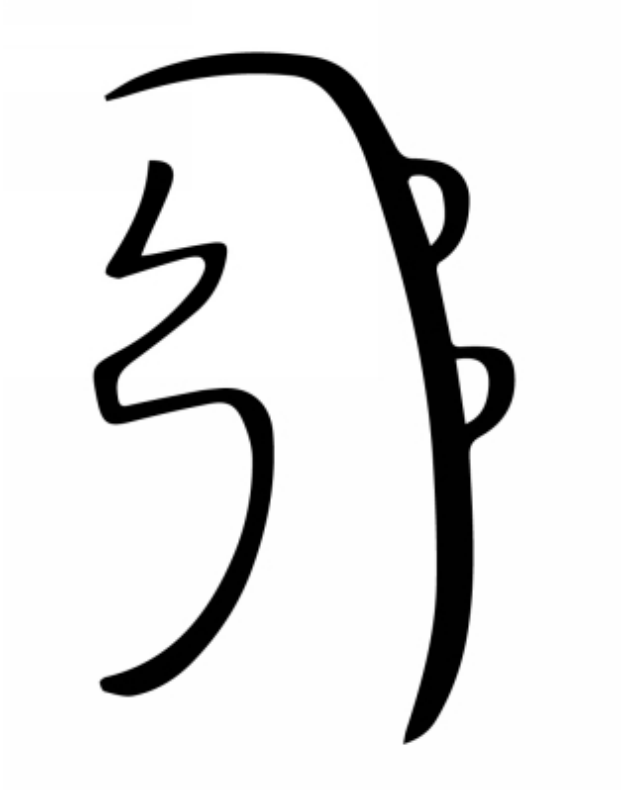
statement and intention of what you want the symbol to do and it will do it for you.

Uses of Choku rei

- Increase the power of your healing abilities; use it as a light switch. (Draw or visualize Choku Rei in front of you or draw it in your hands if you want). * You can focus the Reiki energies (like a looking glass) on a specific point of the body. (Draw the symbol directly on the spot being treated).
- Increase the power of the other symbols. (Draw it before drawing the other symbols). * One can use the Power Symbol to close the space around the recipient. (Draw it above the body with the intention of sealing the process).
- The Power Symbol can be used to spiritually clean a room from negative energies. (Draw or visualize the Symbol on all the walls, ceiling and floor with the intention to protect and energize the room).
- You can clean crystals and other objects from negative energies. (Draw the Power Symbol above or on the Crystal/object with the intention of cleansing it and restoring it to its original state. Hold the object in your hands and give it Reiki (or send it Reiki from a distance if the object is far away or too big to hold).
- Protect yourself from negative energies (from people you treat or from people you meet). Draw or visualize the Reiki Power Symbol in front of you with the intention of being totally protected.
- Protect yourself, your children, your spouse, your house and other things you value. (Draw Choku Rei directly on the objects/person you want to protect with the intention to protect him/her from harm. Since Reiki works on all different levels of existence, it will naturally also given protection on all levels of existence.

There are no limits to what you can do. The power is all in your mind - let your clear intention guide the function of the symbols.

THE REIKI Mental/Emotional Symbols- Sei He Ki



Sei He Ki (pronounced Say-Hay-Key) has a general meaning of “God and Man become one”. The Mental/Emotional symbol brings together the “brain and the body”. It helps people to bring to the surface and release the mental/emotional causes of their problems. Many people (even doctors) are starting to realize that many of our ailments are based on mental and emotional imbalances.

The symbol works to focus and harmonize the subconscious with the physical side. It can be used to help with emotional and mental healing. It balances the left and right side of the brain and gives peace and harmony. It is also very effective at relationship problems. The symbol can also be used on diverse problems like nervousness, fear, depression, anger, sadness etc.

Uses of See He Ki

- The symbols can be used to help overcome misuse of drugs, alcohol, smoking, etc.
- Sei He Ki can be used to lose weight.
- The symbol can be used to find things that you have misplaced. (Draw the symbol in front of you and ask for help in finding the object. Let go of trying, the answer will soon pop up).
- Sei He Ki can be used to improve your memory when reading or studying. (Draw the symbol on each page as you read it with the intention of remembering the important parts).
- Add the symbol with doing healing (normal or distance) as this can help the healing process. Many physical problems have mental/emotional roots.

The Mental/Emotional Symbol, Sei He Ki, has to do with Yin and Yang and the balance between the two sides of the brain. The left part of the symbol represents Yang and our left side of the brain (logic, structure and linear thinking etc).

The right side of this symbol represents Yin and our right side of the brain (fantasy, feelings, intuition, etc).

The Reiki Distance Healing symbol - Hon Sha Ze Sho Nen

Hon Sha Ze Sho Nen (pronounced Hon-Sha-Zee-Show-Nen) has the general meaning of “No Past, No Present, No Future” or it could have the meaning of “The Buddha in me contacts the Buddha in you”. This symbol can, as its name implies, be used to send energies over a distance.

Many practitioners consider Hon sha Ze Sho Nen as the most useful and powerful symbol. The use of this symbol gives access to the Akashic Records, the life records of each soul and can therefore be used in Karmic Healing. Trauma and other experiences from this life, previous or parallel lives that affect and mirror peoples’ behaviors can be brought to light and released with this symbol.

In doing distance healing – be open! Do not focus your efforts on healing a specific problem like a headache. Send the Reiki energies without limitation, as they will go where they are best needed. When doing distance healing the energies will work at the receiver's subtle body, the chakras and the aura, and not as much of the physical level (i.e. It can take some time

before the energies seep down to the body and ease the pain). The person you are sending Reiki to, is likely to feel it happening. If he/she has an open mind, he/she can usually tell what you have done and when you have done it.

Distance healing does not take nearly as long as a hands-on treatment. Only a few minutes are needed to send distance healing. You can even set up a Reiki distance healing to automatically repeat sending energies to a person. If you want to do this, we recommend that you put a time limit on the repeat (as it otherwise might continue forever), and also to review and empower the distance healing every other day. Remember, it is your intention that guides what happens.

- Send Reiki healing to people far away.
- “Beam” Reiki to people across the room.
- Send Reiki energies to the future to help with a specific task, or be there as a support.
- Send Reiki to the past to lift up, to understand and release trauma.

Absentee healing is basically a process of visualization, imagine or “see” the person you want to send healing to and just do it. You can use a photo if you have one, if not don’t worry about it, just send it. Sometimes, we send to people we don't really know (like a name we have received in an e-mail request), we only have their name and city. No problem - it is the intention of sending Reiki to this unknown person that makes it work. Our advice is to let go of all your doubts. Use the Reiki symbols and send the energies.

How Reiki Healing works with the 5 Elements

Reiki practitioners use their hands to deliver energy and improve the flow and balance of the recipient's energy to support healing. Reiki assists in balancing your physical, mental, emotional and spiritual well-being to promote a deep sense of relaxation.

You may experience the energy as sensations such as heat, tingling, or pulsing where the practitioner places her hands on your body, or you may feel these sensations move through your body to other locations. Some people may not perceive any change at all.

Most people feel very relaxed and peaceful; many clients even fall asleep while receiving a Reiki treatment. During a Reiki session, you usually lie on a massage table or sit in a chair, fully clothed.

The Reiki practitioner uses light touch or non-touch and gently places his or her hands on or hovering above your body in specific energy locations during the session. The length of time that the practitioner leaves his or her hands in each position is determined by the flow of energy through his or her hands to you at each location.

There is no pressure, massage or manipulation.

Reiki heals by flowing through the affected parts of the energy field and charging them with positive energy. It raises the vibratory level of the energy field in and around the physical body where the negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away. In so doing, Reiki clears, straightens and heals the energy pathways, thus allowing the life force to flow in a healthy and natural way. Reiki healing works with a system of energy healing that allows the practitioner to access the energies of the five elements to bring about healing and balance for oneself and for others. It works well by itself.

The spiritual healing art of Reiki works by channeling positive energy into your body, with Reiki masters and practitioners typically placing their

hands on the affected areas of the body that need a boost, offering this energy and your body takes in the energy where most needed. This powerful flow of positive energy may bring a near immediate sensation of relief as it releases tension, lessens the impact of stress and replaces negative energy with the positive. Some refer to this positive Reiki energy as the life force, and indeed it can bring new life to a stressed-out, tired body.

The concept of the five elements of reiki in healing is elusive to some. To the hardened rational mind, it may seem to be an imaginary “placebo” concept for something that does not exist; or something that science has “just not explained” yet. To put it simply, the five elements of reiki in healing is a life force. It is the motivating energy, or force that is between pure, non-material thought, and manifest matter. The elements are the carrier wave of our spiritual intention.

Everything that happens in our universe involves the movement of these elements in some way. As we become more lovingly connected to our spirit and energy, and the spirit and energy that nourishes all life, our spiritual intention becomes more and more focused, and we are less concerned with our little “self”. We feel and experience a greater connection to the events in our lives because our awareness is also increasing. When all this happens, our chi becomes more powerful, and this power is beyond anything physical. For many, this experience is the beginning of true healing.

In a practical sense, reiki healing assumes whatever qualities that are needed in order to carry out a particular task, purpose, or embodiment. Put another way, reiki healing in a real sense, becomes self-identical to that which it manifests as, and carries the potential to become. One of the primary formations of reiki healing that we know of is the Five Elements.

The five elements

Using each of these five elements individually is a strong practice yet when you combine them they produce a complete spiritual teaching that is accessible to everyone.

Each element supports the other, filling in the gaps that will exist for different practitioners. No two people have the same needs when learning. For this reason working with all five elements gives each practitioner a greater chance of success. Together these elements create a whole that is firm yet flexible, supporting practitioners on their individual spiritual paths.

The five elements are Wood, Fire, Earth, Metal, and Water. The element names are not meant to be taken literally, but their qualities are indeed reflected in the literal elements they are named after.

At the level of physical embodiment, each element is simply a particular way in which our life energy, or chi, manifests itself in order to accomplish a particular task that is necessary to our existence. It is only when we can no longer take in, or "ingest" these energies of life that we begin to have problems. Wherever an inability to take in our life force occurs in any one element, our emotional maturity, mental discernment, physical health, happiness and spiritual life will eventually suffer if we do not correct it.

This is because each element supports all the others and the whole by doing what it is supposed to do.

Think of the five elements as interdependent energies, all moving in a cycle that keeps transforming our overall life force in an alchemical fusion of creative expansion with Yang energy, and formative contraction with Yin energy. In other words, each element transforms into the next one after it through what it produces as it moves through our energy system. This transformation is all about bringing potential into manifestation in stages according to intent.

The fundamental way of explaining this is: Water (most Yin) creates Wood (Yang emerging) by nourishing it.

Wood feeds Fire (most Yang) by being fuel, Fire produces Earth (Yin/Yang balance) as ash (through combustion).

Earth produces Metal (Yin emerging) as minerals (ore), and Metal feeds Water (most Yin) by becoming condensed essential fluid (earth's core is molten iron, mercury is liquid at lower temperatures, for example).

Then, the process repeats with a new set of conditions. The expansion of our creative life force takes our overall life theme through a process of creative expression in the expansion phase, then culls the aspects that we let go of, and keeps the essence that is left from a given cycle in the contraction phase.

It all starts over again, but from the new time perspective of our life's unfoldment, and what we have "learned" from experience.

This unfolding is continuous in small and large increments of "time", and we experience it as our life spontaneously happening, day to day, week to week, month to month, and year to year.

This rhythm through time is why we see repeating patterns of events and behavior in our lives, and is key to resolving unwanted patterns in all areas of our existence at the human level.

In other words, our unconscious life patterns are rooted in our "undigested" elemental energies.

When examined closely, it will be seen that the metaphor is very accurate. It describes phenomena, which exists, and can be predicted in every strata of nature. Five Element theory energetically describes the function of our organs, and even the seasons of the Earth.

Five Element theory can be, and is, used in medical diagnosis. Although, it can be applied to psychology, spirituality, and even science; as well as healing work of all kinds. It is not the province of any single discipline.

Individual elements

- **Water:** The Water element is reflected in the energy of winter. It is the essence of your will power, and the potential of manifestation in your life. Your ability to draw vitality from your life essence is a primary focus of the water element. The Water element meridians are the Bladder and Kidney meridians. Water is gentle when in balance, and fearful when not in balance.

- **Wood:** The Wood element is reflected in the energy of spring, and empowers your vision and perspective to project the planning necessary for your life goals. Your wood element gives you growth, stability, creativity, and flexibility to move ahead with your life. The wood element is also a catalyst for your healing. The Liver & Gall Bladder meridians are of the Wood element. Wood is kind when in balance, and angry when not in balance.

- **Fire:** The Fire element is reflected in the energy of summer, and it helps you to mature by energetically embracing your life in a joyful and passionate way. It facilitates your connectedness from the heart in all kinds of relationships. The Heart, Small Intestine, Pericardium and Sanjiao (AKA triple burner)meridians are of the Fire element. Fire is joyful when in balance, and raging when out of balance.

- **Earth:** The Earth element is reflected in the energy of late summer. It is the seat of your intention. This energy enables you to nurture, accept, and support others for the sake of service. It helps you to feel the pain and suffering of others with compassion and thoughtfulness. It assists you in your stability and grounding, so that you can support yourself and others through right action. The Spleen & Stomach meridians are of the Earth element. Earth is satisfied when in balance, and worried when out of balance.Earth element brings stability, strength, comfort and grounding. The person who has balanced their earth element can feel a deep

connection with the earth and feel more rooted or grounded. These people are able to be calm and have better thoughts and also can balance their lives. This helps to make sure the energy flows and it removes all the blockages created during the different phases of life. The blockages are created mainly due to greediness, laziness, attention seeking attitude, narrow-minded thoughts and overly materialistic gain thoughts.

- **Metal:** The Metal element is reflected in the energy of autumn. It helps you to let go of attachments on all levels of your being. The metal element helps you to separate the pure from the impure in your world, and to determine your standards. The metal element also connects you to spirit, enables you to “believe”, and find meaning and purpose in your life. The emotion of Metal is Grief. The Lung & Large Intestine meridians are of the Metal element. Metal is courageous when in balance, and depressed when out of balance.

Crystals for Reiki

Crystals have been used for centuries as tools for healing and increasing levels of awareness with each stone being specially selected for specific frequencies and properties. Although combining Reiki with the use of crystals is relatively new, this branch of Reiki has the potential to not only transform your current Reiki practice, but our world as well.

Crystal Reiki utilizes the frequencies that reside within the earth and amplifies them through the power of Reiki energy. By infusing these powerful vibrations with the consciousness of Reiki energy, the shifts can be targeted and profound.

The earth vibrates at a specific frequency known as the Schumann resonance. Traditionally this resonance is thought to hover around 7.8 Hz though it varies from region to region. Since 1980's however this frequency has been thought to be rising. This is interesting because science is beginning to understand that we are impacted deeply by the earth's resonance and as it increases, the dissonance between our own frequency and that of the earth is felt deeply on all levels.

These frequencies are thought to impact our autonomic nervous system, brain and cardiovascular system.In your life and the world around you, you may be noticing that things are getting more polarized.

People are gravitating towards the ends of the spectrum with regard to emotions and consciousness. As the frequency of our planet increases, we are given a choice to either raise our own awareness and frequency so that we will feel resonance with earth or to resist it and feel the effects of physical imbalance as well as mental/emotional chaos.

These shifts in the earth's geomagnetic activity are correlated with hospital admissions, death from heart attacks and strokes, as well as many

other physical imbalances such as depression, fatigue, mental confusion, and even the number of traffic accidents that occur.

Our body’s ability to maintain balance is greatly impacted by the shifts in frequency of the earth. Studies have even connected major political and social events to the earth's energetic activity such as solar flares.

In one study, 80% of the most significant events occurred when solar activity was at its peak. On the flip side, it is thought that just as the frequencies of the earth impact us, our collective frequencies also have a dramatic effect on our planet. There have been studies that show when a group of individuals unite in a state of awareness, the randomness in their environment is reduced.

A study that examined the ability of an individual to affect the DNA was conducted by cellular biologist Glen Rein. The individual's studied were trained to elicit specific emotions such as love and appreciation and then hold a test tube of DNA.

When tested, there was no significant change in the test tube samples. Rein then had a second group of trained individuals create not only the positive emotions, but also hold an intention which in this study was to either wind or unwind the strands of DNA in the sample they were holding. In this group there were significant changes in the DNA with some samples being wound or unwound as much as 25%. The third group of participants were asked to hold only the intention without a positive emotional state and the samples with this group experienced no change.

In this study, the combination of the intention of the practitioner with their own state of presence elicited significant change. Just as thought needs the catalyst of presence to be effective, crystals need the energetic infusion of universal life force to transmit their balancing properties.

The combination of Reiki and the crystals you use will create a unique electromagnetic signature that will send a specific signal out into the field and draw in the information needed to fulfill the set intentions. Crystal Reiki has the potential to connect you with the rising consciousness around you and help you align with it and use it to help yourself and others. As we

connect and in a state of presence use Reiki energy to amplify the energy of the crystals we work with, that energy can in turn positively impact the earth so that a symbiotic relationship can be created.

One study demonstrated that even a group of 2,500 individuals taking time to be present through meditation elicited a 25% reduction in crime rates in a population of one and a half million.

In your Crystal Reiki sessions you will not only be in a state of heightened awareness, but you will be harnessing the universal life force energy and using crystals to focus and refine that frequency. As Aristotle noted, the whole is greater than the sum of its parts. Together, within the specific energy field of our work, miracles can occur with the individuals we work with and with our world.

How Crystals for Reiki works

In a Crystal Reiki session, you will use specifically selected crystals and place them in a specific layout around and on the recipient and then allow Reiki energy to flow through you into the crystals and then the recipient. Just as sunlight shining through a crystal prism creates facets of light, Reiki energy passing through the crystals will create a specific energetic resonance within the recipient that their body will then use to address specific imbalances.The presence of Reiki energy amplifies the energy of the crystals and helps the bodymind of the recipient focus on specific areas of the body, conditions or levels of awareness that are ready to heal. In a Crystal Reiki session, Reiki energy is coming from above through the crown chakra while the crystals used in the session bring in a grounding energy from the earth. Together these energies work seamlessly. Crystals are solid symmetrical structures with regularly ordered atoms and molecules that are packed in repeating patterns which extend in all three dimensions of space. The shape and atomic structure of a crystal define it. The defects within a crystal can also define its healing properties and rather than being seen as irregularities, can be intuitively used with powerful effects. Although crystals are

considered a part of the mineral kingdom, minerals are less transparent than crystals and darker in color with a consistent chemical structure. Minerals are thought to strengthen the physical aspects of the body such as bones, tissue etc. Both minerals and crystals can be used to help balance the recipient in a Crystal Reiki session. Similarities can be found in the structures of a crystal and our own DNA with dodecahedrons and icosahedrons found in both.The healing properties of each crystal can be associated with the way in which it was formed. Much of the earth's crystals were formed millions of years ago. Crystals are formed in liquid such as magma or water as well as gas that is pushed up from the earth. As the liquid evaporates, the minerals within that liquid bond. The harder crystals are formed within higher temperatures.The geopathic stress that is present as a crystal is formed also has an impact on its healing properties, with enhanced properties present. You will find that the same type of crystal found in different areas with different geopathic stresses will hold different resonances. Regardless of form, crystals have the ability to absorb, channel, focus and emit energy. The energy of Reiki will infuse the intentions of the practitioner and recipient as well as the energetic properties of the crystal to create a unique high frequency.

Crystals can generate energy through a process known as the Piezoelectric effect. This effect occurs when pressure is applied to the crystal which then generates energy. In the same way, if a voltage is applied to a crystal such as quartz, it will bend or slightly change its shape. We all consist of electromagnetic energy. When holding a crystal, your frequency interacts with the crystal, creating a similar type of Piezoelectric effect. The crystal vibrates and the energy it creates can be transmitted to your own internal energy pathways. One key factor that separates Crystal Reiki from general Crystal Healing is the foundational principles of Reiki.

As Reiki practitioners, we understand that our role is to be the observer that holds space for the healing within the recipient to occur. We do not diagnose or prescribe and allow the recipient's body to be the active participant in their healing.

We are also detached from the outcome. Although we set intentions at the start of a Crystal Reiki session and use our intuition as well as our

understanding of crystals to focus the energy of the session, we understand that the session will proceed exactly as the recipient's body needs it to and for the highest good of all concerned.

With no expectations, we also do not use our own personal energy in the session. Crystal Reiki sessions instead are an energizing and healing experience for both the recipient and practitioner because Reiki energy is the amplifier in the session. Continued work with Crystal Reiki helps the practitioner to raise and balance their own awareness which extends to all areas of their life and helps to be a healing force in the lives of everyone they touch.

A Crystal Reiki practitioner uses Reiki energy to create a state of presence that is focused and accesses a higher level of consciousness. This presence holds the space for Reiki energy to activate and amplify the crystal energy for a specific purpose so that the desired outcome can be achieved.

Benefits of Crystal for Reiki

Reiki as a standalone modality is extremely effective even without the use of crystals. It is likely though that you have been drawn to Crystal Reiki because you are ready to add the unique energy it provides to your work. Performing Crystal Reiki sessions can help you to focus on specific conditions that clients are eager to have addressed. Not all of your Reiki sessions have to include crystals and you may find when working with a client initially that you choose to perform traditional Reiki sessions.

As the client's healing progresses, you and they may want to hone in one of the specific issues they are concerned with. Crystal Reiki can provide that focus.

In other cases you may find that a single condition is so pervasive in the client's overall sense of wellbeing that it needs to be addressed first before balancing on a widespread level can occur. In these cases you can begin with Crystal Reiki sessions and then use traditional sessions as you feel called to.

Clients who are not in tune with their energy or the frequencies around them may have a difficult time perceiving energy in a traditional Reiki session. Crystals are tangible forms of energy. Although they are beautiful objects that we can hold, they also hold powerful energetic vibrations that can be sensed.

Using crystals can help clients tune into the energetic level which in turn can reassure them that shifts are happening. This reassurance is what helps them to make the conscious choice to return for more sessions and healing. Although in your traditional Reiki sessions you are using your intuition to guide you as you move from position to position and receive information from the recipient's bodymind, in Crystal Reiki your playground has more for you to explore.

You will use your intuition to help you choose the crystals as well as the special layout they will be placed in. During the session you can tune into each crystal for information it may have as well as the combined energies of the crystals as Reiki flows through them. In your traditional Reiki sessions, you likely included grounding techniques for yourself and your recipient at the end and/or beginning of your sessions.

Crystals naturally provide that energy so your sessions will be infused with the higher frequency energy of Reiki as well as the centering energy of the earth. You may also find working with crystals in your distance Reiki practice very helpful. In place of performing a traditional Reiki distance session, you can create a crystal grid connected to the recipient and their needs and allow it to draw in Reiki energy each day.With the foundation of Traditional Reiki with you, you can use Crystal Reiki to take your practice to exciting and wondrous new levels.

The 3 Pillars of Modern Reiki

The three pillars of modern reiki are a great example of a ritual that enhances the reiki session. It allows the practitioner to connect with their higher self along with the reiki source. This formula is broken up into three parts which are; gassho, reji-ho and chiryo.

Within these three pillars are their own individual attributes. When synchronized together, as with any ritual, we gain a deeper connection to that intent.

Reiki is a Japanese healing technique based on the principle that the practitioner channels energy into the patient by means of touch to activate the natural healing processes of the patient’s body. The word reiki is made up of two Japanese words: rei meaning “God’s wisdom” or “the higher power” and ki which means “life force energy.” Reiki restores physical and emotional well-being in a manner that is relaxing and nonevasive to the client.

The First Pillar: Gassho

The first pillar of Reiki, gassho, is more than a meditative practice. It also serves as a form of spiritual hygiene, a ritual to create intention and focus, an invitation to mindfulness, a call to set aside ego, and the primary method to invite and ignite Reiki healing energy within a session.

While gassho is primarily taught in modern forms of Reiki as a meditative practice that entails holding one's hands in prayer position and focusing on where the middle fingertips meet, it is far more involved and deeper than these simple instructions indicate.

During gassho, while the fingertips serve as a physical focal point to help the Reiki practitioner remain mindful and in the moment, a skilled practitioner combines the mindfulness of gassho with breath work and intention.

- **As spiritual hygiene:** As spiritual hygiene, Reiki practitioners should engage in gassho for 5 to 10 minutes before every session in order to purify not only the energy of the space in which the sacred sharing of the Reiki energy will occur, but also to enter into a state of mindfulness where he or she is open to Reiki energy and positive guidance. This is especially important for practitioners who live "normal" lives between sessions (and don't we all?) where the needs of the world often intrude on upon our ideal spiritual state of being.

Before every session, perform any energy work in your healing space you normally do as part of your pre-game ritual, whether that involves burning herbs, drawing symbols in the space, or any other space clearing ritual. Next, sit comfortably in the space in gassho.

Concentrate on your breathing and the space where your middle fingertips meet. Feel Reiki forming in the air around you and breathe it in, allowing it to flow in through your nose and lungs and throughout your entire body.

Exhale tension or anything from your day that does serve you nor not belong in your session. Do this for as long as it takes. Some days, it may only take five minutes, but on those other days where the world has intruded, it may take longer. Do this until you are calm, peaceful, centered, and out of your ego.

Only then should you invite your healing partner into your healing space.

- **To Set Intention, Invite and Ignite Reiki Energy:** Once you have invited your healing partner into the appropriately prepared space, consulted with them as needed, and they are resting comfortably on your treatment table, stand at your partner's head or feet and enter into gassho again. This time, do so focusing on any intention for the session you and your healing partner have agreed upon along with the intention to serve the highest and greatest good. Once again, feel the Reiki gather around you. Breathe it in, and invite it to flow through you and into your hands. When you feel your hands ignite, you can begin your session.

- **To Return to Mindfulness or Seek Guidance:** Throughout your session, you can return to gassho any time you feel the need. Gassho is your safe space where you can return to mindfulness, refocus or reset intention, or receive guidance about where to place your hands on your healing partner. It is the form within the freedom of an intuitive Reiki session. If you feel your mind start to drift or notice your energy shift, return to gassho. If you feel unsure about what to do next, return to gassho. Walk to your partner's head or feet again and stand in gassho until you feel refocused. If you need, ask for guidance and then pay attention. A thought may come into your head, a part of your healing partner's body may "light up" in your gaze, or you may just feel drawn to a certain area. Go with this flow. Return to gassho whenever you need to recenter, wish to return to mindfulness if the outside world starts to intrude on your session, or feel unsure of what to do next.

- **To Give Thanks and Return to Yourself:** You can also return to gassho at the close of a session. When you feel ready, move to your healing partner's feet and stand in gassho. Give thanks to Reiki and to your partner for allowing you to channel the energy to serve the highest and greatest good. Then, invite your energy to return to you and see the energetic connection between you and your partner releasing. When you feel ready, run your hands under cool water or touch the ground to ground yourself.

The Second Pillar: Reiji-Ho

Gassho is interwoven throughout the other two pillars of Reiki. Reiji-ho, the second pillar, is all about asking for guidance. While First Degree Reiki practitioners learn the Reiki hand positions, as they progress they may begin to feel comfortable enough to work intuitively. I encourage students entering Second Degree Reiki to begin working intuitively as often as possible during Reiki sessions knowing if they need to, they can always return to the hand positions.

In reiji-ho, you invite guidance in. It begins in gassho, with your hands held in prayer position asking to have your hands and energy guided to serve the highest and greatest good of your healing partner. And then, you wait and you use all of your senses to listen.

Listen to how your body feels, what your mind thinks, what your eyes see, and how your healing partner responds. As you wait for guidance, observe with all of your senses and allow your mind to empty so it becomes a vessel into which guidance can flow easily.

You will learn over time how your Divine Guidance signals you. You may spot a twitch. You may feel something in your own body. You may hear instructions in your mind. You may feel as if you are magnetically drawn to somewhere on your healing partner's body. There is no wrong way to receive information.

Reiji-ho takes trust in yourself, your healing partner, your Divine Guidance system, Reiki, and the universe. It also requires mindfulness. It requires you to allow yourself to be energetically open in order to become a vessel the universe uses to serve the highest and greatest good. When you receive a signal, trust it, act on it, and know the Reiki energy will flow exactly where and as it is needed for the highest and greatest good.

When you feel yourself slipping out of that space as a vessel and a channel and back into your own personal stuff, return to gassho and re-set yourself.

Third Pillar: Chiryo

The third pillar of Reiki, chiryo, is all about action.

Chiryo means "treatment," and it is an essential part of every Reiki session. New Reiki practitioners focus primarily on chiryo, following the mechanical process of placing hands on the body in set positions and trusting the Reiki will flow where it's needed.

However, as a practitioner becomes more deeply involved in the true practice of Reiki, chiryo is something that flows and changes depending on intuitive information the Reiki practitioner receives and the needs of his or her healing partner.

A practitioner truly engaged in chiryo moves beyond the basic hand positions and sometimes even moves beyond use of the hands. He or she may be intuitively guided to gaze, tap, stroke, blow, or visualize along with placing hands, palms, or fingertips in the ways they are guided to do so. In this way, a mindful session of Reiki becomes a flowing dance of energy that involves the practitioner, his or her healing partner, and the entire universe.

How to start Practising Reiki

Not everyone who practices Reiki wants to use their training as a means to make a living. However, serving as a healer can be a very satisfying career. As a Reiki practitioner, you can take pride in your work and make a difference in your clients' quality of life.If you are thinking about setting up a Reiki practice, consider the following tips before getting started.

- **Get Certified:** There are three levels of basic training in Usui Reiki. You only need to be certified in the first level of training to offer Reiki treatments to clients. You will need to be certified in all levels in order to teach classes and give Reiki attunements to students.

- **Become Comfortable Giving Reiki Treatments:** It is best not to jump in feet first setting up a Reiki practice until you have a clear understanding of your relationship with the workings of Reiki. Begin experiencing Reiki on a personal level through self-treatments and treating family members and friends. Experiencing all the inner workings of this gentle, complex healing art takes time. Reiki clears away blockages and imbalances gradually. Allow Reiki to help you get your own life in balance before taking on the task of helping others.

- **Choose a Work Location:** Reiki sessions are being offered in hospitals, nursing homes, pain management clinics, spas, and home-based businesses. The benefit of working in a hospital, clinic, spa, or elsewhere is that appointment bookings and insurance claim filings are usually taken care of for you. Most health insurances do not reimburse for Reiki treatments, but a few do. Medicare sometimes pays for Reiki treatments if the sessions are prescribed for pain management. Practicing from a home-based office is a dream come true for many practitioners, but this convenience comes with issues to consider. Do you have a room or

area within your home, separate from your normal living quarters, that could be dedicated to healing? Does the residential zone you are living in allow home-based businesses? And, there is also the safety issue of inviting strangers into your personal living space to consider.

➢ **Gather Your Equipment and Supplies:** You will want to invest in a sturdy massage table for your practice if the space you'll be practicing in doesn't have one. If you offer to travel in order to make home visits or give treatments in hotel rooms, a portable massage table will be necessary. Here is a checklist of equipment and supplies for your Reiki practice:

- Massage table
- Table accessories (face rest, bolster, carrying case, etc)
- Swivel chair with rollers
- Freshly cleaned linens
- Blankets
- Pillows
- Tissues
- Bottled water

➢ **Advertise Your Reiki Practice:** Word of mouth is a good way to get started working as a Reiki practitioner. Let your friends and relatives know that you're open for business. Have business cards printed up and distribute them freely at local bulletin boards at libraries, community colleges, natural food markets, etc. Offer introductory workshops and Reiki shares to educate your community about Reiki.

In the modern era, word of mouth also means having a presence on social media. Setting up a Facebook page for your practice is free and only takes a few minutes. Ideally, you'll have your own website that lists your location and contact information, but if that's out of reach, a Facebook page is a good start to draw in new clients. Facebook also has tools that allow small businesses to reach a targeted audience (costs will vary).

- **Set Your Reiki Fees:** Research what other Reiki practitioners are charging in your area for their services. You will want to be competitive, but don't undercut yourself. Do a cost-benefit analysis and know how much you need to earn—whether it's per hour, per patient or per treatment—to cover your expenses and have some money left over. If you arrange to treat clients outside of your home, chances are you will either pay a fixed rate for a rental space or share a percentage of your session fees with your host business. Keep good records of the money you are earning. Working as an independent contractor involves being informed of your income tax and self-employment obligations.

- **Offer Free Reiki Evenings:** A free Reiki evening can create lots of interest. Plan one night a month to talk about Reiki and give sample treatments. If you have Reiki friends, ask them to come and help give treatments. This is a great way to help others and let them know about Reiki and your practice. Make up flyers for your free Reiki evening and put them up in appropriate places. If the Reiki practitioners can meet an hour or so before the meeting to give treatments to each other it will really improve the quality of what the non-Reiki people receive. Also, if you have taken Reiki III/master training, you could give a refresher attunement or healing attunement to each of the practitioners to boost their energy. This is a great way for the practitioners to practice their Reiki and for you to practice giving attunements. Call everyone you know who would be interested and let them know.If your area has psychic or wholistic fairs, get a booth. Take a Reiki table and ask 5 or more of your Reiki friends to help. Offer 10 or 15 minute treatments with 5 or more Reiki practitioners giving a treatment to one person at a time. Charge $10.00 or so per treatment. This can be a powerful healing experience and a good demonstration of Reiki. Have a table with your flyers and business cards on it and be sure to get each persons name, address, and phone number for your mailing list. Another way is to use chairs and have one or two practitioners give 10 or 15 minutes for each person.

Who can practice Reiki

Reiki is easily learned and practiced as self-care by anyone who is interested, regardless of the person's age or state of health. Children can learn to practice, as can the elderly and the infirm. No special background or credentials are needed to receive training.

One of the hallmarks of Reiki practice is its simplicity, it can be learned in about ten hours of in-person training, generally offered in group class formats, and doesn't require knowledge of either subtle bioenergy or healthcare. It is a wonderful experience to receive Reiki from someone else, a friend or a professional, there are many reasons to consider learning to practice Reiki on yourself.

The convenience of self-care is valued not only by people with health challenges, but also by others with busy schedules who are seeking more balance in their lives. Additionally, moments of Reiki practice throughout the day can bring centering and relief from pain, anxiety, and stress as often as needed.

People suffering from anxiety or pain who learn Reiki self-care have the additional empowerment of knowing they are never again alone and helpless with their suffering.

Connections To Chakras

Although Reiki and the chakras come from different spiritual and cultural traditions, they have many things in common. Today, many Reiki practitioners use the 7 chakras as an essential part of Reiki healing.

Although some people find this confusing at first, Reiki and the chakra system have more in common than many people realize.

How does Reiki relates to the chakras?

Reiki and the Chakras

Although Reiki and the chakras come from different spiritual and cultural traditions, they have many things in common. Today, many Reiki practitioners use the 7 chakras as an essential part of Reiki healing. Although some people find this confusing at first, Reiki and the chakra system have more in common than many people realize.

What Is Reiki and How Does it Relate to the Chakras?

Reiki is a form of energy healing that originated in Japan. It was discovered by a Buddhist monk named Mikao Usui, who learned to feel and channel the universal life energy that flows through every being. Every person can learn to use this energy for healing by going through a Reiki initiation in which a master awakens the student to Reiki energy.

Since Reiki was first discovered, it has always used the concenpt of energy centers that allow life energy, known as Ki, to move through the body. In the original Japanese tradition, these points are called tandens. Reiki

practice originally focused primarily on one energy center, the Seika tanden, which is located in the lower abdomen below the navel. However, there are three tandens. The other two are located in the upper chest and in the center of the forehead.

The chakras, on the other hand, come from Hindu tradition but have also played an important part in Buddhism. The word is Sanskrit for “wheel,” although it is often interpreted more as a vortex or whirlpool in energy healing and yogic traditions. The major and minor chakras make up part of the energetic system often referred to as the subtle body along with Kundalini energy that, once awakened, flows through them and activates them. In some traditions, Kundalini awakening must be passed from master to student in a process similar to the Reiki initiation. The primary focus in energy healing is on the seven major chakras, which run up the center of the torso and head and are the main focal points for the meridians, or energy lines, that run through the body.

The minor chakras are smaller focal points where meridians cross.The tandens and the chakra system are simply different interpretations of the same thing. Essentially, they are points that regulate energy flow. If they are blocked or unhealthy, energy cannot flow freely and illness and discomfort result.

Many Reiki healers use the chakra system instead of the tandens. The chakras provide a more detailed energetic map of the body, allowing the healer to focus his or her energy where it is most needed. Although the concept of meridians and energy flow are the same in both systems, the fact that there are seven major chakras can make it easier to provide specific Reiki treatment for physical ailments.

Chakra healing can also help focus emotional and spiritual treatment. The seven chakras each align closely with aspects of mental wellbeing. A Reiki practitioner who has studied the chakra system can use emotional symptoms to help determine where a blockage might have occurred and focus energy on that.Using the chakra system can also help someone who is not a Reiki practitioner take a more active role in their own healing. There are many ways to help balance and open the chakras, including:

- Meditation
- Yoga
- Wearing or using chakra healing stones
- Eating certain foods or spices associated with the chakra
- Aromatherapy

Each chakra has different elements, colors, foods, and asanas associated with it. By incorporating those elements and practices into daily life in conjuction with Reiki treatment, a person can help speed his or her healing process.In addition, many people find the chakra system more intuitive than the tandens. The colors and symbols associated with it can help with visualizing energy flow and give healers something to help sharpen their focus as they work.

How to do Reiki on Yourself and Others

Self Healing or Treatments are very important when it comes to learning Reiki, at any level .In level 1, you are attuned to receive Reiki, and you are thought the fundamental or basics of how to use it for you own healing and that of your friends and Family.

It is important that you first use it on yourself, for your own self healing and development . Reiki is pure love , it is an act of love to give yourself a Reiki treatment everyday. How many of us, could to do with this in our lives, by giving ourselves 15-30 minutes healing everyday, we give ourselves priority .

By treating on a daily or regular routine, you are keeping the flow of energy flowing through body, which is helping your own healing, by aiding your natural immune system, releasing blocks, this also helps you to understand your own body and helps to improve your intuition, Physically , Energetically , Emotionally and Spiritually you will feel a lot better.

- **Taking Responsibility:** When we give ourselves Self Healing Treatments, we are also taking responsibility for our own healing on every level, even though Reiki can not cure everything, it helps to promote and prioritize our own healing and needs, it does this by

teaching us to love our selves unconditionally, it helps us to make changes in our lives, that benefit our health and Well-being . You have often heard the saying " in order to make way for the new, some or all of the old behaviour patterns have to be removed" , and this is what it does , he helps you to realise what's not serving you, and helps you to release it. It trains you , to start looking after yourself, by respecting every aspect of your health and Well-being, helping you to be Happier, Healthier, Physically , Emotionally and Spiritually. When we do this, we are in a much better place, to attract what ever we want in our lives, and this includes helping and treating others, and by showing others how to do the same. This is one of the main Reasons why Doctor Usui started training other people to do Reiki, he found that in early days, the same people kept coming back to him for the same treatments, and they weren't taking responsibly for their own health, so he decided to train some of his clients in Reiki, so they could take responsibility for their health, by using self treatments.

- **Administering Reiki on yourself:** Here for the purposes of First Degree , Level 1 Reiki will show you how to do two Self Treatments, The Heart and Solar Plexus , which some refer to as the Generic Hand Position for Self Treatment, and a Full Self Treatment.

- **The Heart and Solar Plexus:** In this position you place your Left Hand on Your Heart Chakra and Right Hand on your Solar Plexus, you then Ask and Intend for the Reiki to flow to you , for your highest and greatest, and Say Reiki 3 times, Listen to some music, Sit in Peace, Listen to or Say Affirmations for 15 minutes. Its very easy because you can do it at work, on the bus, When you get up in the morning, or just before you go to sleep at night. Its a very Comforting and Reassuring Treatment, and it also connects you to your Hearts Desire.

- **Clearing and shielding:** This is something you can do on a daily basis, especially if you have been around people a lot, or around harsh situations, or Negative people. The First and Easiest Method, is Sit Quietly and Meditate for a Few, minutes , Just to Clear your mind of any internal Chatter, When you have achieved this, take a few deep breaths, and wait, you can feel the Negative or Harsh Energies leaving your with different Sensations, Tingling, or Shivers, or tiny aches and Pains, and your mood gets better and you feel more energised.

Performing reiki on others

You can start healing other people right after being attuned to Reiki degree 1.

As a Reiki 1 channel, you will have to be near the patient you are healing.

After Reiki 2, apart from hands-on healing, you can send anyone Reiki, no matter which part of the world they are.

- **Hands on Healing:** When you are giving hands-on healing to someone, you can either ask them to sit, or lie down. Making them lie down is the most convenient, both for the healer and the patient, as the healer gets comfortable access to all chakras and the patient can relax completely.If the patient communicates with you in advance, ask them to wear comfortable loose-fitting clothes. Once they come for the healing, ask them to remove their spectacles, watch, jewelry, belt, etc. Gold and silver jewelry may be worn. Make sure you and the patient both drink a glass of water. Ask them to lie down comfortably on their back and close their eyes. Start by healing the crown/brow chakra, and then continue to heal all the front chakras.

Once done, balance the energy by spiralling. That is, keep your left hand on their right shoulder, and with your right hand (Index and middle finger extended, thumb touching the ring and little finger) draw anticlockwise

spirals starting from the left shoulder, to the tip of the left hand. Next, draw the spirals from the left shoulder to the left foot, then from the right shoulder to the right foot, and then, right shoulder to the tip of right hand.

Ask the patient to turn over the right side and lie on their stomach. Heal the back chakras.

The next step is balancing. Hold your hands above the back brow and back root chakras, about 6 inches above the body. Try to feel the imbalance of energies, and give Reiki till the energy levels feel the same.

Then move your hands slowly to the back throat and back hara chakras. Reiki. Once these chakras are also balanced, move slowly to the back heart and back solar chakras. When these two chakras are balanced, bring both your hands over the back heart chakra and rest it over the body. Keep your left hand on the patient's left shoulder. With the index and middle finger of your right hand, form a V shape and draw a line from the throat to root chakra.

If the patient is diabetic, then draw a line from the root to the throat chakra. Rest your right hand on his/ her back hara chakra. Do this thrice. Gently awaken the patient.

- **Distance Healing:** Distant healing can be done by channels who are attuned to Reiki 2 or above. When you are giving distant healing to someone, it is better to ask them to set some time apart to receive the energy you send them. This increases their energy absorption and will to heal themselves. Ask them to sit with their eyes closed, bare feet touching the floor and without crossing their hands or legs. Let them try to feel the energy coming to them.

There are several ways of sending distant energy. You could use an object as a surrogate, a photograph, an intention slip, imagine them, or send them reiki through your third eye. Each of these points is covered in detail.

Distance Healing Techniques

- **Using a Photograph**: You could ask the patient for a photograph and send reiki energy to the same. Draw the symbols at the back of the photograph and if there is enough space, you might even write above it that their problem is solved. Hold the photograph between your palms and imagine the symbols on it while giving Reiki.

- **Using a Surrogate:** You could use a stuffed toy or a similar object as a surrogate. Mentally declare the toy to be the patient and start giving it Reiki. You can give Reiki to the affected part or give full body Reiki to it. You could also declare small objects or your thumb as the patient, and hold it between your palms and give reiki.

- **Imagination:** Keep your palms cupped together and imagine the person either inside your palms or in front of you, receiving the energy you send and bathing in it. Imagine them feeling better, and draw the symbols while giving them reiki.

- **Third Eye:** If the person is visible, you can imagine reiki energy coming through your third eye and going to that person. Imagine a beam of Reiki coming out through your third eye, and draw the symbols on them with that beam. You could use this technique when you are looking at their photograph or simply imagining that they are standing in front of you and receiving reiki through your third eye.

- **Intention Slip:** You could have an intention box, something which can fit into your palm and contain rolled up papers. Take a small chit of paper and write your intention on one side. Take care to use only positive words (avoid using 'no', 'not', 'don't', 'won't', 'can't', etc), avoid any full stops (period .) and don't fold the paper. After the intention, end it with 'It is so, Thank you Reiki, Thy will be done'. On the opposite side of the paper, draw all the symbols. Roll it up and put it in the intention box. The advantage of the intention box is that you can give Reiki to a lot of people/ events at the same time. Whenever you wish, hold the box between your palms,

mentally draw the symbols on it and give Reiki. You don't have to think of all the intentions individually.

Reiki Treatments

Reiki treatment that works with energy typically falls under the energy healing umbrella. Each provides similar rebalancing and relaxation benefits. Having said this, there are differences in the theoretical foundations and how practitioners are trained. Energy healing tends to use touch techniques that require healing powers from the therapist themselves.

Therapists will then channel energy into the recipient to bring about healing. Energy healers (sometimes referred to as spiritual healers) may believe they are more vulnerable to other entities, picking up negative energy from the person they are working on.

They therefore need to carry out steps to protect themselves. Reiki healers are believed to be protected by the attunement process.

The calming effect of a Reiki treatment is also beneficial to pregnant women, supporting them on their journey. Children and even animals can benefit from Reiki as it relaxes and soothes.

Promoting a sense of well-being, many find Reiki encourages and supports positive lifestyle choices. Some even say it helps to reduce the need for alcohol and tobacco. When used in conjunction with medical treatment, rebalancing energy can help to manage symptoms of anxiety, fatigue and pain. Reiki can be used for short-term problems or in an ongoing capacity to promote overall health and well-being. Reiki is a natural treatment there are no contraindications, meaning it is generally safe to use for everyone.

You are advised however to discuss your medical history with your Reiki practitioner in case they need to take extra precautions.

Reiki treatments feel wonderful. It’s as if there is a warming and healing sensation flowing through the body and the area surrounding the body. As this sensation flows through the body the person can actually feel the stress and illness leave the body.

The key to Reiki is that it treats the entire body, this includes the emotions, the mind and the spiritual portion of the body as well as the physical portion of the body. As the muscles of the body relax, the energy begins to flow freely and the person begins to feel “lifted up” and lighter.It focuses on helping the patient to relax and get in tune with their innermost being. It focuses on letting the world go and bringing in the light of peace and health.

A Reiki treatment instills peacefulness and relaxation into the person’s very being. It’s soothing, healing and relaxing.

A typical session of Reiki

Before you begin your treatment, your Reiki practitioner will explain to you what the treatment involves. During this consultation, they may ask you why you are seeking Reiki and details of your medical history. Providing as much detail as possible here ensures that they treat you safely and to the best of their ability. After this consultation you will be asked to sit or lie down in a comfortable position.

You do not need to remove your clothing for Reiki treatment. For comfort you may wish to remove constricting layers, shoes and/or glasses. The treatment itself involves the practitioner placing their hands gently on the body, or slightly above the body, in a predetermined sequence. The position of the hands is non-intrusive and should not cause any discomfort.

If you feel uncomfortable at any point, let your therapist know. The amount of time spent in each position will depend on the nature of your concern. The touch should be gentle and light, Reiki is not supposed to manipulate or massage.

Everyone will respond differently to Reiki treatments depending on their individual circumstances. Some people say they feel sensations during their Reiki treatments, while others do not. Some feel heat or tingling during the treatment and some report seeing colours. For some, the experience brings up an emotional response. The most common response however is a feeling of calm, relaxation and well-being.

After the treatment you may feel very relaxed, or you may feel energised. There is no right or wrong way to experience Reiki. Some people say after the treatment they encounter a 'healing reaction', like a headache or flu-like symptoms. If you are concerned about any reaction, speak to your practitioner.

Understanding Auras

For many millennia of human history, it has been a widespread belief that all objects, especially human and animal bodies, have an Aura (or electromagnetic (EM) field), and that this Aura can be visible to the trained eye. Late 19th century metaphysical science expanded on this concept with the theory that all things possess a body of etheric substance, commonly called the Ethereal Body, which is composed of the higher frequencies of subtle energy and finer pre-matter quantum particles which are intimately bound up with the physical body, as a product of creation of matter by electrofield manifestation through the quantum particles onto the physical plane.

Considering the mechanics of subtle energy fields and energy-matter interactions developed in the late 20th century academic sciences of Bioenergyinformatics and torsion field physics, and given the advanced state of modern scientific instrumentation, it seems both reasonable and logical to conclude that the Aura can be quantified and tangibly studied in an experimental manner. Indeed, since colors of light are defined by frequency, subtle energies and the bioenergy that emanates from all living things can be quantified as electromagnetic field energy that resonates with different frequencies of light.

In fact, much has been learned this century about the light properties of subtle energy fields and Auras from the works of such prominent scientists as the Polish doctor Iodko-Narkovitz, who worked with photo-electricity and electrical field measurement, the Russian inventor Semyon Davidovich Kirlian, who experimented with the qualities and meanings of Auras using photography and electrofield imaging, and the British doctor Walter J. Kilner, who eventually invented a series of goggles and filters through which anyone can see Auras in detail. Many people are also aware.

Currently the list of inventions using subtle energies as treatments and subtle energy detectors is so long that we could not possibly discuss them all.

Many scientists and doctors have been particularly intrigued by metaphysical scientists' claims that the Aura's energy-information can be used to accurately analyze a patient's psychological and emotional states. Current research further suggests that certain levels of bioelectrical Aura fields are characteristic of the physical status of the biological organism. Biological activity such as autonomic responses initiate cellular and electrochemical changes, thereby creating an environment thermodynamically favorable to the conversion of metabolic kinetic energy into electromagnetic energy.

In this process, localized bioenergy "complexes" to form a dynamic field that differentiates according to the neurological information that stimulated it. Since the skin is no barrier for such electromagnetic energy, the bioenergy field can and does radiate outside of the organism to become what we call the Aura.

The Aura is highly characterized and affected by the emotional and physical condition of a person, the biological homeostasis or imbalance of plant life, or the molecular energies inherent in and surrounding an object. This makes the reading of Auras a very useful and powerful tool for the metaphysical and clinical analysis of humans, animals, plants and objects.

The color frequencies of light of which the Aura consists are too high to be perceived by the naked eye in most cases. However, the trained practitioner can learn to perceive these frequencies naturally, by activating the Pineal Body and adjusting their brain waves to the higher frequencies of which the Aura consists.

Most psychics and metaphysical practitioners tend to see the Aura in six basic colors: red, orange, yellow, green, blue, and purple. Although the Aura itself consists of frequencies higher than those in the visible light spectrum, the electromagnetic energies in the Aura have lower, subharmonic frequencies that resonate with the frequencies of each of the colors of the visible light spectrum.

Therefore, although Auras are not visible to the naked eye, the brain may perceive the energies in resonance with certain colors, and thereby construct a quasi-visual (mental) image of seeing those colors. It is precisely in this

way that humans sometimes see the Aura, and can analyze its different colors.

Seeing the Aura and interpreting its colors has been the focus of popular metaphysics for centuries, and "What color is my Aura?" is a very popular game in metaphysical and spiritual circles. However, most people "see" colors that do not match the objective frequency color of the actual Aura.

This is because they make a psychologicalassociation between the "feeling" of the Aura energy, and what the color "feels" like intuitively. The associated color is then induced magnetically into the visual center of the brain, so the person "sees" that color while looking at that part of the Aura. As a result of this common psychological phenomenon, the vast majority of literature on Auras and Aura colors are entirely subjective to the psychology of the authors, and the purported meanings of the colors are almost entirely arbitrary.

Structure of the Aura

All interpretation of the objective Aura colors is conditional upon understanding the structure of the Aura itself. Each part and level of the human Aura is related to different aspects of the person's psychology or physical health, and sometimes reveals an interaction of both physical and mental factors. By understanding the structure of the human Aura, we can study the objective meaning of the Aura colors in context.

It is currently unresolved exactly how many “levels” there are to the human Aura. Clinical studies of the human Aura at ITEM, however, indicate that the metaphysical being of a living incarnate entity consists of four basic Aura Bodies.

The highest of the Aura Bodies is the Causal Body, which is traditionally described as our spiritual "higher self" related to our deepest personal identity. Current metaphysical science of the describes the Causal Body as the direct piece of high-frequency universal subtle energy which is given individual consciousness and manifests as an entity which can exist in the physical world of matter. Traditionally called the psyche, or the soul, the Causal Body is the primary subtle energy field that comprises our metaphysical being, and contains our deepest consciousness.

The Causal Body may be detected at about 24 inches above the head and shoulders and beyond.

The next identifiable level is called the Ethereal Body, which is related to the pre-matter quantum particles which are animated and influenced by the Causal Body's electrical life-force energies.

This body also contains imprints of all the temporal energies and qualities that we acquire while incarnate, and which make up our personality. According to ancient theories of reincarnation, these imprinted energies can later be incorporated into the basic Causal Body if they will be for potential successive incarnations.

The Ethereal Body reflects our identity, and consists of the more stable average of our general energies. In general, the Ethereal Body can be detected 18 to 24 inches away from the physical body. Because of its distance from the physical body, this level of the Aura plays an important role in how we interact with other people, because it comes in contact with the ethereal energy bodies of others, and participates in mutual energy-information exchange, both projecting and receiving energy.

The third, and most clearly identifiable, of the four basic Aura Bodies is called the Emotional Body. This is the most useful level for scientific interpretation and analysis, because it is highly characterized by the emotional and psychological condition of the subject. Generally, the Emotional Body can be detected 4 to 18 inches away from the physical body. Because of the wealth of psychological information that can be obtained from this level of the Aura and used to generate a thorough psychopersonal profile, in RFI technology it is regularly referred to as the "Psychological Level."

The Health Level of the Aura, being the fourth and most tangible of the Aura Bodies, is essentially the subtle energy that radiates from the physical body. This most naturally visible part of the Aura is the bioenergy field that emanates from the cellular, neurological, and other biological functions of the physical body.

The Health Level thus reveals the physical condition of the subject, showing disturbances and patterns related to illness or other biological conditions. In general, the Health Level can be detected approximately 0 to 4 inches away from the physical body.

Living In Harmony With The World

One of the most essential conditions for people is to feel free and happy and to enjoy life – to be in harmony with one's self and the world. Most people realize the need to cope with their internal conflicts and struggles, to free themselves from negative feelings, to be faithful to themselves, and to live according to their principles – to be at peace with themselves.

Achieving harmony with the world, however, often seems difficult and even unattainable, especially when the circumstances and the people around them are not what they want them to be.It seems as if there is some contradiction in being true to one's self and at the same time being in harmony with the world this individual doesn't like.

So, in this case, people's views, imaginations, and dreams are different from the reality around them. Is it possible to live in agreement with your world, since your desires and aspirations are in conflict with reality? Does it mean that you have to give up on them to be in peace of mind? Or do you have to wait for circumstances to change, to get to the place where you have always dreamed of being and everyone around you friendly and loving to be in harmony with the world around you?

If you set such conditions, you will become too dependent on the outside, and you will never be satisfied. You can only be in harmony here and now, not once when things have become "better", and you do not have to give up your desires and dreams, you do not have to deny the desire to change your lives.

Living in harmony with yourself and with the world are inextricably linked and cannot be separated from one another. There is no way you can be in a spiritual balance if you present yourself against the life you live in. If you hate the people around you, if you cannot forgive those who have hurt you and have caused you pain and anger you will not be able to have a harmonious relationship with others if there are unresolved conflicts and struggles inside you and you are not aware of your own self.

If you want to live in harmony with the world that means you have to be in harmony with yourself. Spiritual peace is achieved when one finds a balance between the external and the inner world.

What you need to do to live in harmony with the World

- **Resistance:** Resistance is what mostly pollutes one's inner space and disturbs the mental equilibrium. Resistance creates a constant tension and an internal struggle that tortures individuals and acts as a slow acting poison.Think about it – are you suffering that your life isn't going the way you want it to go, do people around your cause you to be irritated, do you hate your work or the place where you live? What is the reason for all of this? You feel that circumstance and the people around you cause you not to feel well, but actually the real reason is your reaction to them.Because your inner space is the primary reality, and the external is secondary. Imagine, for example, that the colleagues in your work are irritating you, they are behaving badly, they don't appreciate you and are constantly manipulation everyone. Every day, however, you show up to this hateful place, you do nothing different, you curse your fate and inculcate yourself.

The way to deal with the situation, which provokes resistance and negative feelings, is very simple. You have three options: remove yourself from the situation, change it, or accept it totally. If you want to take responsibility for your life, you must choose one of those three options, and you must choose now. Then accept the consequences. No excuses. No negativity. No psychics pollution. Keep your inner space clear." If you cannot leave the situation or change it, then accept it. Realize how pointless it is to be angry at what already exists. Taking the situation does not mean that you will not try to change it in time, but at that moment it is as it is. What's more stupid than hurting yourself, becoming angry and wasting all of your energy in a fight against something that is a fact to turn the enemy into the present.

- **Forgiveness:** when one refuses to forgive, this individual carries a heavy burden within his or her own self. This burden becomes heavier over time. The stench of hatred and negative feelings in this individual grows, conquering the whole body and mind, choking this individual and poising him or her. Run away from the heavy

loads of hater. Remove feelings that are torturing you. Remember that forgiveness is for your own sake. By forgiving the people who have hurt you in some way, you are relieved of heavy burdens and cease to perceive and act as a sacrifice. Forgiveness will make you feel free and independent.To forgive does not mean that on the outside you shouldn't take any action. Of course, everyone has to take responsibility for his or her own actions.I am talking about an internal purity that frees you from the painful, self-destructive feelings and makes you live in harmony with the world.

- **Feeling Guilty:** Having a sense of guilt is a very corrosive feeling. From it, one can become sick. It is not by chance that people confess and, having received forgiveness, are released.If you have done something that makes you feel guilty and you cannot find inner peace – do something about it – go to the person who hurt you, speak to them.If you are doing something that makes you feel guilty and you are tortured by these actions, stop doing them.In most cases, to free yourself of guilt, you must forgive yourself. Everybody makes mistakes; no one is perfect. But mistakes are our best teachers. Remember that you have done the best you could at this point. Forgive yourself and move forward.

- **The dichotomy:** The inner divide disturbs harmony and creates stress in life. These are the cases when you are hesitant about what decision to take when you've postponed solving a problem when you break yourself to please everyone, when you have to lie about something,In order to be calm and free, one must have a clear position and act immediately.Don't delay to solve problems. Become involved with them right away. Remember that there are no right and wrong decisions, the only wrong decision is when you do not make a decision, but you postpone.Living in harmony with the world means that you become free.

Myths About Reiki

There are lots of myths prevailing these days related to reiki healing. The idea behind reiki healing is that there is a hidden life force energy flowing inside us that keeps us alive, when this energy gets low in us we easily become sick and when this energy is high we feel happy and relaxed.

MYTH 1: Reiki is a religious activitY

This perception is totally wrong because Reiki has nothing to do with religion instead it is all about spirituality. The emperor of Japan, Meiji, formed the principles of Reiki. You never find a priest giving sermons on Reiki or church for Reiki. Anyone believing in any religion can take benefit from Reiki treatment.

Reiki absolutely is a spiritual art. The principle teachings of Reiki embrace a life of balance and promotes spiritual growth. But, Reiki is not a religion, nor is it based on any particular religious doctrine. Reiki does not infringe on anyone's beliefs or personal values.

People of many different faiths have discovered the love-energies Reiki offers.

MYTH 2: DR. USUI IS A CHRISTIAN MONK

The founder of the Usui System of Reiki, Dr. Mikao (Mikaomi) Usui, was not a monk, a Christian, or a medical doctor. He was a Japanese Zen Buddhist, a businessman, spiritualist, and scholar. Late in his life, he experienced a profound spiritual enlightenment after a period of fasting and meditation. Afterward, he began the process of developing the healing art of Reiki and opened a teaching clinic in Japan.

MYTH 3: Reiki treatment can heal you in just one session

This is possible but this happens quite rarely. It is said that reiki is not a onetime procedure rather it is a process and in order to see satisfactory results a person should go through 3 to 4 reiki sessions.

MYTH 4: Reiki heals and cures

If reiki has helped you heal it really does not mean that it has cured you too because healing and curing are two different things. Healing has to do with attacking the root cause of your illness; it is rebalancing of wholeness while curing restores your health by alleviating symptoms of your disease.

MYTH 5: Reiki practitioner is a healer

This is not true because Reiki practitioner only acts a medium in the healing procedure. The Reiki practitioner just passes on universal life force to the recipient in order to heal mind, spirit and body of the recipient. Reiki practitioners don’t have the powers to heal you they just help you; it is only you who can heal yourself.

MYTH 6: Reiki is a Massage TherapY

Reiki is NOT a massage therapy. Although there are many massage therapists who will incorporate the use of Reiki's healing energies into their massage sessions. Reiki is an energy-based therapy that does not involve manipulating bones or tissues. Reiki practitioners use a light touch with their hands on their clients' bodies or will hover their palms over them. Because it is not a massage, clothing is left on. Although, wearing loose-fitting garments is recommended for your comfort/relaxation.

MYTH 7: GIVING REIKI TO OTHER DEPLETES YOUR OWN ENERGY

A Reiki practitioner does not give his personal energy over to the client. He serves as a channel, funneling Universal Life Energy through his body to the recipient. Much like the delivery boy delivering a package on your doorstep. The Reiki package is delivered, the delivery boy goes home fully intact. Ki energies are infinite and never run out.

This does not mean that a person giving Reiki may not feel tired after giving a treatment to someone. This sometimes happens and Reiki has been wrongly blamed for it.If a person giving a treatment experiences exhaustion during or after applying Reiki to others, this is likely an indication that something is out-of-balance in his own body or life that needs attention.

Booking a healing session for himself with another practitioner or conducting self-treatments would be warranted.

MYTH 8: Having a Reiki Attunement Will Open Up a Dialog with Your Spirit Guide

The lure of Reiki attunement, with the promise of a glimpse into the spirit world. Please don't fall for this. This myth may have arisen out of the writings of Stein. In her widely published book she describes how many of her students became aware of who their guides were after months of using Reiki following their level II attunements.

The urban legend that followed was that the attunement alone would make this happen. Some Reiki II classes include a promise to "Meet your Guides." Yes, it could happen and likely has happened for some Reiki initiates, but there is no guarantee.

Conclusion

While some people believe the frequencies associated with the flow of Reiki energy have been superseded by higher frequencies becoming more and more available on the planet. Even so, Reiki continues to remain a very popular and effective form of energy healing. It is safe and well documented and for a lot of people, forms their first introduction to the vast field of Alternative and Complementary healing.

Learning Reiki is a good starting point for experiencing and working with healing energy and it's a wonderful method for deepening awareness of universal healing energies in general. Reiki complements other healing methods and spiritual practices. There are no hard and fast rules about how to approach starting Reiki and Spiritual Healing.

Again, listen to your heart, and you will be guided in choosing the right experiences and the right teacher for you. Once you have learned a healing technique, to work and fun begins. To develop your understanding of, and sensitivity to Reiki, it is a good idea to devote time to regular practice.

Find a supportive teacher and practice group and pursue your continuing study. Make sure that you arrange circumstances so that you can be nurtured in your healing and growth.Keep your eyes on your goals, your mind in your heart and take things one step at a time. Love, light and healing to you on your journey.Practicing Reiki does not appear to routinely produce high-intensity electromagnetic fields from the heart or hands. Alternatively, it is possible that energy healing is stimulated by tuning into an external environmental radiation.

Reiki is an ideal complimentary therapy to go alongside other therapies. They are soothing and relaxing and may prepare the body to accept other medications better. Ideal for anyone suffering from diabetes, AIDS/HIV, high blood pressure, heart conditions and more. Reiki can work hand in hand with modern medicine and enhance the effects of modern medicine. Reiki

appears to be generally safe but it should not be used to postpone seeing a healthcare professional!

The end.

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